

MENTAL HEALTH AMONGST COVID-19

45%

of adults have reported that their **mental health** has been negatively impacted due to the pandemic

20%

of college students have reported that their **anxiety** has become significantly worse due to the pandemic

the Substance Abuse and Mental Health Administration recorded a more than

10000%

increase in calls to the emergency hotline during the pandemic

THIS IS A PROBLEM!



ABOUT US

The Caring Act was established in New York City in order to aid people struggling with their mental health amongst the COVID-19 pandemic. Our mission is to provide resources, coping mechanisms, and an ear to listen in order to make living with mental illness easier during Uncertain times.

If you or a loved one is struggling, don't hesitate to contact us.

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www.thecaringact.org

YOUR MENTAL HEALTH MATTERS.



THE COPING ACT – BE KIND TO YOUR MIND



The COVID-19 pandemic has not only brought about a ruthless virus, but also a mental health crisis across the United States. Amongst the pandemic, stress has increased greatly as people experience fear for loved ones, changes in eating and sleeping patterns, and social isolation.

The elderly and people with chronic diseases are at a significantly higher risk of contracting COVID-19 and can experience these stressors at a more intense level.

In a recent poll of 2,190 adults by the NORC at the University of Chicago, it was found that the majority of Americans have felt anxious, depressed, lonely, and hopeless during the pandemic.

HOW DO I “COPE?”

- Meditating
- Eating Healthy
- Exercising regularly
- Getting an adequate amount of sleep
- Avoiding alcohol and drugs
- Talking about it



1 IN 5

adults struggle with their mental health, but less than half receive treatment

DON'T BE AFRAID TO ASK FOR HELP!

Call our emergency hotline:

(804) 333-5936

And visit our website for more resources

www.thecaringact.org