

IS THE PANDEMIC  
MAKING YOU FEEL

# Anxious Lonely Depressed

As the number of COVID-19 cases continues to increase, seniors are especially vulnerable to experiencing anxiety, depression and other mental health effects.

Your mental health is an important part of staying healthy during this difficult time. Physical activity, calling friends or family and keeping your mind engaged are all important to maintaining your health.

If you are experiencing emotional difficulties, you are not alone. Confidential free help is available. Call for help.



## Help is here!

### Community Resources

#### **Chesterfield County Mental Health**

804-748-6356 (emergency)  
804-748-1227 (non-emergency)

**National Suicide  
Prevention Lifeline**  
800-273-TALK (8255)

**Mental Health America  
of VA Warmline**  
866-400-6428  
(9am - 9pm weekdays &  
5pm - 9pm weekends)

**NAMI Central  
Virginia HelpLine**  
804-285-1749



## Call for help.