

Mental Health Care Toolkit: COVID-19 Edition

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The X Factor in Healthcare

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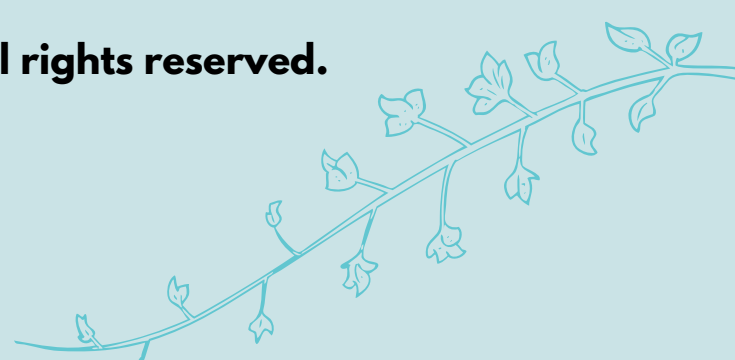
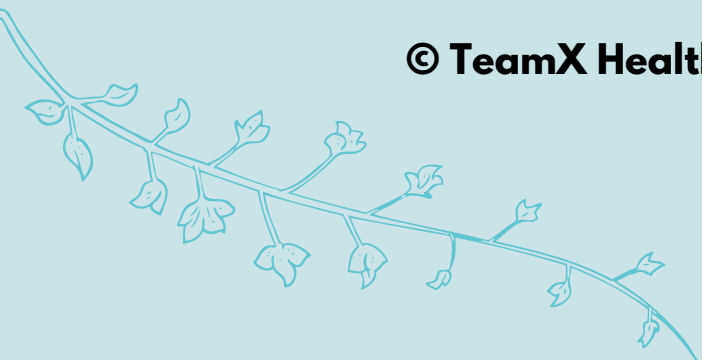
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Use of Information

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For the latest information regarding the COVID-19 vaccine and vaccination process, visit CDC and WHO.

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Coronavirus disease (COVID-19) has caused drastic changes during the past year. It is an infectious disease caused by the coronavirus that causes respiratory and flu like symptoms ranging from mild to severe. As a result, many institutions and businesses shut down, and people are encouraged to stay home. There are other changes less talked about: mental health. Mental health is the emotional, psychological, and social well-being that affects how people act. People's mental health has been negatively affected by the pandemic as people lost their jobs and must now worry about paying bills and affording groceries, as well as nervousness of getting sick.

All these added stressors are causing anxiety, depression, and fear in people's lives.

- ***According to local reports, there has been an increase in domestic violence calls and opioid overdose.***
- ***The use of Crisis Hotlines are increasing; there is an increase of 8,000% of calls to Los Angeles suicide and mental health hotlines. (Warren & Smalley, 2020)***

Students are also affected. According to a study conducted by ActiveMinds...

- ***20% of students stated that their mental health has worsened since the pandemic.***
- ***38% of students stated that difficulty focusing on studies and work was the most stressful factor.***
- ***48% of students experienced financial difficulties because of the pandemic as students and parents lost their jobs***

Marginalized communities are also heavily affected due to added stressors...

- ***In May when unemployment rates were going down for White and Latina women, the unemployment rate for Black females went up to 16.5%!***
- ***Over 54 million Americans might be left without food (Lakhani, 2020)***



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The pandemic has forced everyone indoors, to quarantine and social distance. The lack of a normal routine, social interaction, and prospect of immediate normalcy can be detrimental to anyone's mental health.

According to the [CDC](#), some signs you may recognize in yourself or your friends indicating increased stress is...

- **Changes in appetite, energy, desires, and interests**
- **Feelings of fear, anger, sadness, worry, numbness, or frustration**
- **Difficulty concentrating and making decisions**
- **Difficulty sleeping or nightmares**
- **Physical reactions, such as headaches, body pains, stomach problems, and skin rashes**
- **Worsening of chronic and mental health problems**
- **Increased use of tobacco, alcohol, and other substances (CDC, 2020)**



However, it is important that you take care of yourself first! In this resource, we will explore the effects of COVID-19 on mental health and the body, resources for individuals to get help physically and mentally, as well as ways to cope during this difficult time.



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Quarantine Life

Quarantine Activities

- Playlist swap with friends
- Hosting a virtual movie night
- Learning new recipes
- Attend a virtual concert



Coping with Stress

- Journaling
- Retail Therapy
- Adopting Workout Routines
- Online Book Exchange
- Wellness Podcasts

Activities Links

- [Online Escape Room](#)
- [MyFoodbook Recipe and Cookbook Site](#)
- [Livestream & Virtual Musical Events](#)
- [Audice Wellness Services Spotify Podcasts](#)



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Safety Precautions

How to take care of *others* with COVID-19

- Clean your home frequently
- Keep your hands clean and away from your face
- Avoid having unnecessary visitors in your home
- Be careful with laundry and dishes
- Provide support and help cover the person's basic needs (such as groceries, prescriptions, or other necessities)
- Watch for warning signs and have doctor's phone number on hand

More information [here](#)

How to take care of *yourself* if you have COVID-19

- Monitor your symptoms carefully
- Get rest and stay hydrated
- Stay in a specific room and away from other people in your home
- If you must be around others, wear a mask
- Stay home in isolation until these conditions have been met:
 - At least 10 days since symptoms first appeared
 - At least 24 hours with no fever without fever-reducing medication such as acetaminophen (Tylenol) or ibuprofen (Advil)
- Drink plenty of water and other caffeine-free fluids
- If you show any of these emergency warning signs, seek medical help immediately:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face

More information [here](#)



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Testing

What if I test positive for COVID-19?

- Isolate yourself
- Stay home and do not visit public areas
- Tell family, friends, and people you have come in contact with recently that you have tested positive and they need to quarantine
- Refer to quarantine life section for more information on taking care of yourself during quarantine
- [Resources](#) for more Information on COVID-19 isolation

What if I test negative for COVID-19?

- The incubation period of COVID-19 ranges from 2-14 days.
 - A negative test result only means that you did not have COVID-19 at the time you were tested.
- Continue to take proper measures to protect yourself (i.e. social distancing, wearing a mask, sanitizing regularly)

Local testing sites and resources

- Vaccine implementation can vary depending on state and county
 - Check your county's COVID-19 website to find credible information on testing and vaccine sites
 - Depending on the area, vaccines are by appointment only
- [COVID-19 websites for all counties in California](#)
- [COVID-19 website for Los Angeles County](#)



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Vaccination

Los Angeles County (LAC) Vaccine Implementation

DISCLAIMER: *The timing and phasing of California's vaccination plan are subject to change depending on vaccine supply and state prioritization requirements. Check out the LAC Department of Public Health for updates and more information.*

Phase 1A - (Now vaccinating)

- Health care personnel
- Staff and residents of long-term care facilities

Phase 1B - (Now vaccinating)

- Individuals aged 65+
- Outbreak risk groups: homeless, incarcerated
- Individuals aged 16-49 years with underlying conditions/disabilities
- Essential workers in education/childcare, emergency services, food/agriculture sector*
- Essential workers in janitorial, custodial, maintenance, transportation, logistics, industrial, commercial, residential, sheltering, manufacturing sector*

Individuals aged 50 and above - April 1

Individuals aged 16 and above - April 15

- Ages 16 and 17 are limited to the Pfizer vaccine

***For a comprehensive list of essential workers and priority groups, refer to the [LAC Vaccine Allocation Plan](#)**



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Mental Health Resources

*hyperlinks included

Resources for Bruins

- [Counseling & Psychological Services \(CAPS\)](#)
 - (24hr Crisis Line) Available 24/7
 - 310-825-0768
- [Campus Assault Resources & Education \(C.A.R.E.\)](#)
- [Arthur Ashe Student Wellness Center](#)
- [Rape Treatment Center at Santa Monica UCLA Medical Center](#)
- [Peer Counseling through the Academic Advancement Program](#)

Telehealth Resources

- [UCLA Mindful App](#)
- [Cerebral Online Therapy](#)

Resources in the Los Angeles Area

- [Behavioral Health Urgent Care Center \(BHUCC\) Long Beach](#)
- [Southern California Counseling Center](#)
- [Los Angeles County Department of Mental Health](#)

Hotlines

- [National Suicide Prevention Hotline](#)
 - 1-800-273-8255 (24/7)
- [The Trevor Project: Hotline for LGBTQ young adults](#)
 - 866-488-7386 (24/7)
- [Eating Disorder Hotline](#)
 - 1-800-931-2237
- [General Crisis Hotline](#) -
 - Text SUPPORT to 741-741
- [Mental Illness Hotline](#)
 - 1-800-950-6264
- [Sexual Assault Hotline](#)
 - 1-800-656-4673



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Virtual Wellness Resources

For staying mindful and present during the pandemic

Mindful Awareness Meditation

- Virtual drop-in meditation events hosted by the UCLA Mindful Awareness Research Center (MARC)
- Held via Zoom on Thursdays from 12:30-1: click [here](#) for link
- Link to past session recordings: click [here](#)

COVID-19 Mindfulness Resources

- Assortment of recorded webinars, workshops, and podcasts that provide tips on staying healthy mentally during COVID
- Link to resources: click [here](#)

Guided Meditation (RISE)

- Meditation sessions hosted by the RISE Center and posted on Soundcloud
- Consists of 4-15 minute long guided meditation sessions, which are available in English and Spanish: click [here](#)

Daylong Retreats (UCLA MARC)

- Day-long events designed to relieve stress and develop mindfulness
- Free for UCLA students, \$60 for UCLA staff and seniors 65+, \$75 for all others
- Link to register: click [here](#)

Guided Meditation (MARC)

- Meditation recordings ranging from 3 to 20 minutes long that guide the user through meditation for breathing, body, sound, and more
- Available in English and Spanish: click [here](#)



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Grocery Store Hours

For stores in the Westwood area



Trader Joe's

1000 Glendon Ave, Los Angeles, CA 90024

Regular Hours: 9:00 AM-9:00 PM Mon-Sun

Senior Hours: 8:00 AM-9:00 AM Mon-Sun



Santa Monica Kosher Market

11540 Santa Monica Blvd, Los Angeles, CA 90025

Hours: 7:00 AM-8:00 PM Mon-Thurs;

7:00 AM-4:00 PM Fri

Delivery available

Whole Foods Market

1050 Gayley Ave, Los Angeles, CA 90024

Regular Hours: 8:00 AM-9:00 PM Mon-Sun

Senior Hours: 7:00 AM-8:00 AM Mon-Sun



Tochal Market

1418 Westwood Blvd, Los Angeles, CA 90024

Specializes in Middle Eastern groceries

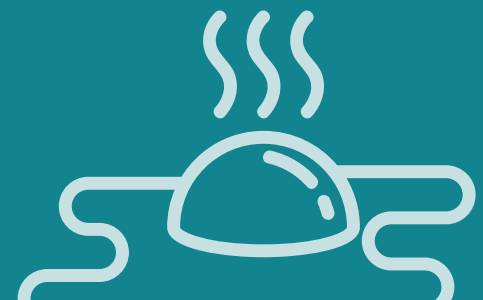
Hours: 9:00 AM-8:00 PM Mon-Sun

Jordan Market

1449 Westwood Blvd, Los Angeles, CA 90024

Specializes in Persian groceries

Hours: 8:30 AM-9:00 PM Mon-Sun



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