Mental Health Awareness Month - Coping with Fear and Anxiety as We Coexist with Coronavirus

During the current pandemic and as we adjust to the ‘new normal’ of coexisting with Coronavirus, the fear and anxiety associated with COVID-19 and the changes we experience in our way of life can often become overwhelming and cause strong emotions in adults and children.

In light of these pressures and in recognition of Mental Health Awareness Month, we’ve put together some helpful tools and resources to help you and your loved ones better cope with stress and anxiety as we adjust to this ‘new normal’.

9 Ways to Reduce Anxiety Related to COVID-19

Our resident expert, Peter Bolo, MD, chairman and medical director of Overlook Medical Center’s Department of Psychiatry and Atlantic Health System resiliency advocate, shares his top nine tips for reducing stress and alleviating anxiety during this period of change. Bolo’s simple, easy to follow suggestions include applications and techniques that can help you and your loved ones lower your anxiety levels.

How Can I Deal with Anxiety During Social Distancing?

Whilst social distancing, working in different ways and having kids home for schooling is a perfect formula for raising our collective anxiety.

Steve Sarner, MD, chairman, Department of Psychiatry at Atlantic Health System’s Newton Medical Center, shares his thoughts on what we can do, and where do we turn for support and guidance when we need it.

If You Need Help, Contact the COVID-19 Community Support Line at 1-862-260-3199

The support line offers help to those seeking resources and guidance for issues ranging from food insecurity and housing to job loss and other social needs. Our behavioral health clinicians will offer support for those who are feeling lonely, anxious or overwhelmed.

If you need help, you can call the support line Monday through Saturday from 9:00am to 1:00pm. Social workers are available Monday through Friday from 9:00am to 1:00pm.

How to Know if Your Child Is Suffering from Anxiety

Knowing what to say to your child about COVID-19 and knowing what to do if your child is experiencing anxiety or depression can be stressful. In this article, we’ll provide guidance on how to address your child’s questions, identify the signs of anxiety or depression and what you can do to help.

Don’t Delay Getting The Care You Need

If you are experiencing a serious illness or severe symptoms of any kind, please do not put off seeking emergency medical care due to fears of coronavirus. Delaying emergency medical care could worsen symptoms or result in a life-threatening situation. In the event of a medical emergency, do not hesitate to call 9-1-1.

All Atlantic Health System emergency rooms remain open and safe for an emergency of any kind, including both COVID-19 and non-COVID-19 related illnesses. Please know we have implemented many safety measures to keep our patients and caregivers safe.

In the Words of Our Patients:

“I was nervous to go to the emergency room when I knew it would be busy with COVID-19 patients, just to have a cut on my leg looked at. I also use blood thinners, so was even more worried. I called Hackettstown Medical Center to check if I should come and was reassured that was was good handle. It was the best experience I’ve ever had. Even the follow up care for my laboratory and radiology appointments were outstanding.” – Joanne R.

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