

# MENTAL HEALTH

## IT IS JUST AS IMPORTANT AS PHYSICAL HEALTH

The mental health impact of COVID-19 will persist longer than the physical virus. Consider the anxiety, trauma, and depression caused by job loss, isolation, seclusion, and the unpredictability about the virus that threatens the life and safety of individuals and their family members.

Here are mental health resources that are available to you:



### **Crisis Text Line**

Text "TN" to **741741** from anywhere, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds **24/7**.  
<https://www.crisistextline.org/>



### **My HealthCare Home**

The purpose of the My HealthCare Home website is to help you connect to accessible, affordable, quality health services on a regular basis in Nashville and across middle Tennessee. <https://myhchtn.org/>



### **Suicide Prevention Line**

The Lifeline provides **24/7**, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. **1-800-273-8255**  
<https://suicidepreventionlifeline.org/>



### **Mental Health America**

MHA is the nation's leading community based non-profit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of Americans.  
<https://www.mhanational.org/>



### **Tennessee Charitable Care Network**

A statewide network of non-profit organizations providing free or reduced cost health care services to Tennesseans in need.  
<https://www.tccnetwork.org/>