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STATE REPRESENTATIVE • 92nd ASSEMBLY DISTRICT

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You Are Not Alone

As COVID-19's health and economic costs continue to be on the forefront of our thoughts our mental health is suffering as well. With May being Mental Health Awareness Month, I thought now more than ever is a good time to address some of the resources that are available.

There are many stressors in our lives right now including financial and the effects of long-term isolation and that makes it difficult to find the light in what seems to be a dark world, especially for those who may have had pre-existing mental health concerns. Some important steps to take to help during this unprecedented time is to continue to eat healthy foods, exercise or participating in other activities that you find personally enjoyable. When our bodies are healthy our minds can also benefit from the many positive benefits that come from running, cutting wood, and eating foods with high nutritional value. Even keeping busy with crafts, projects around the house or just going for an ATV ride outdoors can help provide us with a sense of normalcy.

While we may be experiencing mental health issues as adults and parents, it is very important to check in our kids as well. Some signs that they may be struggling include being tired often, having difficulty sleeping, experiencing muscle tension or having sudden mood shifts.

It is always important to be nice to others, but now more than ever while others may be struggling financially, mentally, or even physically.

With an increase in drug use and calls to the suicide hotline number, please remember that you are not alone and it is okay to reach out for help from friends, family or any of the resources below:

National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/>

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

National Alliance on Mental Illness: <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Month>

As always, feel free to contact my office with questions, comments, or concerns.

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