



**AUGUST  
TIP SHEET**



**CAN YOUR MENTAL HEALTH CHANGE OVER TIME?**

Yes, it's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted.

The COVID-19 pandemic has likely created mental health difficulties for those who previously had not been identified with a mental health disorder. For some individuals this may be the first time that they feel pushed beyond their ability to cope. Many people feel their life is out of control and are unclear about what to do.

**GET HELP WHEN YOU NEED IT**

Hoping mental health problems will go away on their own can lead to worsening symptoms. If you have concerns or if you experience worsening of mental health symptoms, ask for help when you need it, and be upfront about how you're doing.

**If your organization has an EAP - reach out to them.**

EAPs can play a critical role in reducing individual stress related to family caregiving or other work-life balance issues. EAPs are designed to offer confidential short-term counseling and information to individuals for work and personal concerns.

**If you don't have access to an EAP - check out the options below.**

- Call your primary care provider or a mental health professional to ask about appointment options to talk about your anxiety or depression and get advice and guidance. Some may provide the option of phone, video or online appointments.
- Contact organizations such as the National Alliance on Mental Illness (NAMI) or the Substance Abuse and Mental Health Services Administration (SAMHSA) for help and guidance.
- Check for state and local programs. New programs to get physical and mental healthcare, food to families, any other assistance to people who have lost income are popping up. People who want to find new ways to spend time are volunteering and helping people with tasks or just being available if a person needs someone to talk to.
- Smartphone apps for therapy allow you to connect with a mental health expert. While not free, many of these services offer lower-cost alternatives to traditional psychotherapy.