



# Provider Bulletin

May 21, 2020

## *May is* **MENTAL HEALTH MONTH**

We are sharing this message about Mental Health Awareness Month with an emphasis on self-care and providing proactive outreach. Over the last several months, the world has experienced rapid changes in response to the novel coronavirus 2019 (COVID-19) pandemic. As a result of these changes, our individual lifestyles and daily routines have been altered. The heightened public awareness for coordinating Hawaii's statewide COVID-19 response for the health and safety of individuals, their family, friends, and their community is the focus of Hawaii's [Beyond Recovery Plan](#).

When presented with uncertain or unfamiliar events, individuals respond in different ways. We know that emotional stress can be amplified as a result of these types of situations.

### **Consumers**

Self-care can be a helpful way to assess your level of anxiety, stress, and depression. Being able to recognize when you are not feeling well and when you need help is very important. If you have a crisis plan, that's great! You have identified coping skills on your crisis plan that are appropriate for you to use when you need support.

Keeping in contact with your service providers is also important. For example, you may need to see your case manager and psychiatrist in a different way. Rather than seeing your case manager and psychiatrist in person, you may need to see them through digital technology such as through video calls (also known as telehealth and telepsychiatry). If you do not have video available, you may need to use the telephone to check in with your providers.

### **Providers and Staff**

As behavioral health service providers and staff, our responsibility, or kuleana, is to provide essential services and supports to AMHD consumers where and when they need them. Additionally, our kuleana is to support each other as team members.

Self-care for providers and staff may include a variety of team activities. For example, scheduling routine team and individual supervision meetings is a great way to keep team members updated and engaged! Providing opportunities for team members to share how they feel about their work, ask for help with identify solutions, and be recognized for positive contributions are some ways that providers and staff can show, through their actions that, they care about and support each other.

### **WE Are NOT Alone**

Whether you are a provider, staff or consumer, please know that you are not alone. Resources and support are available. Don't be afraid to reach out when you are experiencing a crisis. Asking for help is a sign of strength, not a weakness.

Mental health is as important as physical health. In fact, we know there is a direct link between how we feel emotionally and how we are doing physically. Consider taking time to rest, nourishing your body with healthy food choices, and engaging in social conversations such as telephoning or video chatting with friends.

### **Resources and Supports**

If you're looking for helpful resources and supports, please consider reviewing information provided by the following organizations.

Need Services? [How to Access AMHD Services](#)

CDC – [Coping with Stress During the COVID-19 Pandemic](#)

Mental Health America – [2020 Mental Health Month Tools to Thrive Toolkit](#)

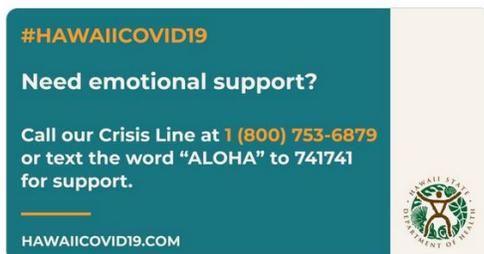
National Alliance for Mental Illness – [Mental Health Month Info](#)

Substance Abuse and Mental Health Services Administration (SAMHSA) – [Message from the Assistant Secretary for Mental Health Awareness Month and National Prevention Week](#)

**BHHSURG** [Tips for Everyday Prevention](#) and [List of Crisis Supports](#)



**Crisis Line of Hawaii**  
**Hawaii CARES**  
**(Coordinated Access Resource Entry System)**



**Suicide Prevention Lifeline**  
[Emotional Wellbeing During the COVID-19 Outbreak](#)

