

We **can NOT** have the same **expectations** of ourselves as we would in a **normal week** because these are **not normal** weeks; be **patient** with yourself.

Rising Trends

It's been a few months now since the stay at home orders were put into place. Some people have a new routine and are feeling more settled in what seems like our "new norm." With this change we now have new family dynamics; are spending more time with family than before; and spending less time outside of the home and with friends. This kind of drastic change can cause a huge strain on ourselves as an individual, as well as, the relationships we have with others. **Recent research has shown that these changes have resulted in a rise in mental health concerns, suicide rates, anger and violence in the home, and a disregard for following the constraints ordered by our government.**

With the likelihood of COOVID-19 and social distancing requirements being part of our new reality, we want you to have information needed to help yourself and your family during this difficult time. The best thing you can do is to be a good role model for your child and take care of your physical and mental health.



Help Is Available

If you or your child are experiencing issues with mental health, violence, or abuse in the home please click below for more resources and information.

[Domestic Violence Information and Resources](#)

[Information and Resources on Child Abuse and Neglect](#)

[Information and Resources about Mental Health](#)

Please don't hesitate to reach out if you need additional help or resources. **If you feel you or your child is in crisis, please do not hesitate to contact 9-1-1.**



Local and National Hotlines

- Illinois Suicide Prevention Hotline - Text "Talk" to 552020
- National Crisis Hotline - Text "Home" to 741741
- AMITA Behavioral Health Services 855-383-2224
- www.auntbertha.com – Search engine for free & reduced community support services
- Substance Abuse and Mental Health Services Administration (SAMHSA) 800-662-4357
- Domestic Violence Hotline 800-799-7233
- Childhelp: National Child Abuse Hotline 800-422-4453