



Staying Connected

Being connected to others is vital to our good mental health. In this time of physical distancing, we have to be creative.

Tips and resources for mental wellness from the Tri-County Board of Recovery and Mental Health Services. For more information specific to the coronavirus pandemic, go to www.tcbmds.org/coronavirus

Important connectedness tips

Some important tips for staying connected to others while maintaining physical distancing include:

- Use group video chats while watching TV, movies or concerts.
- Listen/watch live music streams.
- Get together online with family and friends for virtual tours of national parks, zoos, museums, or travel destinations.
- Try playing multi-player online video games.
- Keep a schedule to check in with family/friends.

Remember to stay connected with others while physically separated. For more information, including where to find professional help, go to www.tcbmds.org/resources

