

Mental health is key for resilience

The outbreak of COVID-19 is a unique period in our history, stirring up feelings of uncertainty.

For many, these feelings can lead to anxiety or depression that can affect their ability to function — at work and at home. Your health is of the utmost importance, as is the health of your family, colleagues, and community. Here is some information that can play a vital role in protecting the mental health of all concerned.

COVID-19 Mental Health Tool Kit

The COVID-19 [Mental Health Tool Kit](#) is an online resource for people in isolation, quarantine, and their family and friends. It provides guidance and practical steps to help manage your emotional health during this stressful time.

Emotional Help Line

Although everyone recognizes the necessity of precautionary measures, there is growing concern about the impact on people's mental health as a result of periods of isolation or quarantine. JHAH has launched a new service, the Emotional Help Line, for people who are admitted to the JHAH hospital, in a quarantine facility, or in home isolation. The Emotional Help Line provides psychological support and counseling when needed. Call 013-870-1919 during the hours of service, Sunday to Thursday, 8 a.m. to 3 p.m.

Video Visits for Psychiatry

To maintain continuity of care with patients during the current physical distancing precautions, JHAH's Mental Health specialists have started MyChart Video Visits. To request a Psychiatry Video Visit, call 800-305-4444 (option 5) during normal working hours.

Visit the [Video Visit](#) webpage to learn more. If you need help signing up for MyChart or would like to ask a question, please call the MyChart Help Desk at 800-305-4444, (option 8). Please call MyChart during normal working hours (Sunday to Thursday, 7 a.m. to 4 p.m.).

COVID-19 Care Line

If you have a medical question related to COVID-19, JHAH's doctors and nurses are there to help. Call 800-305-4444 (option 3). The COVID-19 Care Line is open Sunday to Thursday, 7 a.m. to 9 p.m.

