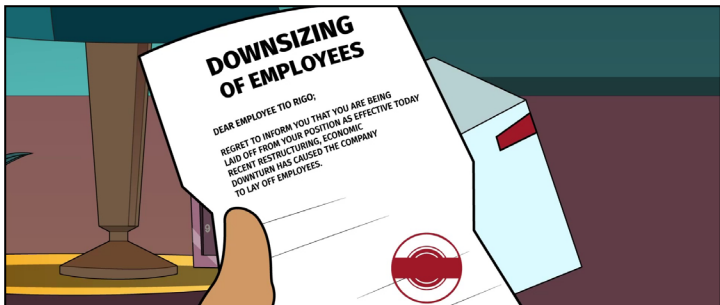


COVID

and Mental Health










Dr. Susana, Rigo is having a hard time breathing. He just got some bad news from his work. What do you think is happening?





Tio Rigo,
you may be
suffering from
anxiety.

He isn't
complaining
about chest pains
or aches. Maybe
shortness of
breath is a panic
attack.

A panic
attack??

*Wheez...
Wheez...*



Yes Tio Rigo,
close your
eyes and take
a few deep
breathes ...
inhale ...
exhale



5 million

fewer jobs (4.8% unemployment rate)

12 million

adults (1 in 6 adults) are behind in rent payment

20 million

households (1 in 8 adults with children households) sometimes or often didn't have enough food

Mama Lucha a lot of people are going through stress during this pandemic- Covid.

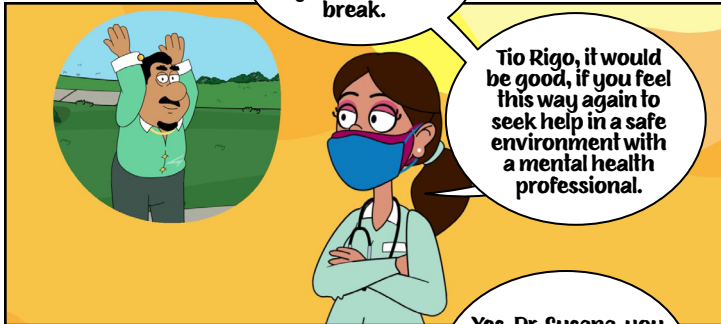


Source: Center on budget and Policy Priorities
Report: "Tracking the COVID-19 Economy's Effect on Housing and Employment"



It is important to do something about it, go on a walk,

have a warm cup of chamomile tea, and give yourselves a break.



Tio Rigo, it would be good, if you feel this way again to seek help in a safe environment with a mental health professional.



Yes, Dr. Susana. you are right. I will make sure Rigo goes out for a walk. I'll go with him. Walking is good for both of us!



If you or someone you know is anxious or depressed, thinking that it's just not worth living, or living with violence in the home, it is important to seek help for overall well-being!



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