

KIDS, IT'S OK IF YOU ARE NOT OK

Everyone is adjusting to a “new normal” during this pandemic. You might find yourself struggling in new and different ways. New Vista is here to help. We offer telehealth for remote care and services.



PLEASE CALL OUR 24-HOUR HELPLINE 1.800.928.8000 IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING:

- Sleeping too much or barely sleeping at all
- Eating less or more than usual
- Feeling more irritable, alone, sad, tearful, or numb
- Thinking thoughts that scare you
- Difficulty relaxing or shortness of breath- not due to physical illness
- Lack of motivation to do things that used to matter to you
- Isolating or withdrawing yourself from others
- Spending excessive amounts of time on social media or screens/devices
- Fighting more with friends or family members
- Feeling unsafe or afraid
- Seeing or hearing things that are not there
- Finding unhealthy ways to cope; like tobacco, alcohol or drugs

PARENTS, IT'S OK TO ASK FOR HELP

Being a parent during this pandemic presents new challenges. On top of other types of stress, parenting and teaching your child at home can be tough.

Being around family members 24/7 can also create frustrations and tension. These are normal

stressors that most families are dealing with right now. You are not alone. New Vista is here to help. We offer telehealth for remote care and services. To be the best caregiver for your child, you must also take care of yourself.



PLEASE CALL OUR 24-HOUR HELPLINE 1.800.928.8000 IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING:

- Lack of motivation to do things that used to matter to you
- Increase in frustration and irritability
- Losing your temper more often than you would like
- Thinking thoughts that scare you
- Increased anxiety and stress about the future
- Difficulty coping and calming yourself when stressed
- Fighting more with family members or friends
- Feeling overwhelmed with too many tasks and responsibilities
- Loss of confidence in yourself as a parent
- Isolating or withdrawing from others more than usual
- Increased cravings and urges to use alcohol or drugs to cope