**Maintaining Mental Health**

During these times there is a lot of information swirling out there, enough to make your head spin, and make things seem hopeless. It is easy to say "take your mind off it", that part is sometimes not so easy. That is what brings us to something that needs to be addressed, which means now it is time to talk about what many don't want to: Mental Health.

Oftentimes when there are stressful situations people fail to address mental health, or feel that they are not able to or allowed. It's "easier" to put on a happy face. While society and culture prize those that are resilient, every person faces challenges that can cause them to feel overwhelmed.

Some might find themselves facing some dark times, accompanied with dark thoughts. To address this issue is to expose a vulnerability, and I am willing to do just that if it helps even just one person in these uncertain times. I have been personally affected by losing a close family member and loved one due to anxiety and depression through suicide. When it came down to it my family member did not know where to turn, and did not feel that they could talk to anyone about their problems, so they faced them alone.

I don't want that to be the case with anyone, especially our community members.

Please know that we are all in this "adventure" together. Yes, things feel bleak and overwhelming, but don't forget, through the clouds, even if you don't see it, there is the blue sky, and the sun waiting to reemerge.

First we must face some myths, and dispel the stigma of depression. Here are resources addressing Stress and Depression provided by North Dakota State University and K-State Research and Extension:

·     [**Understanding Stress and Depression**](http://r20.rs6.net/tn.jsp?f=001Ie7zkQMXg5SW9HoHFnMG4BJIXjvrXZF4sEe1Iofsmkqb5haUVEBTmv5ZvFxOBS5B6AOjO90touuOmYXKVPeStjdvP2LZKDG8QITFQuR1bNyK6yqQD8S18YHe6ARwwyB412ICR3Q2WyL4DScQqkCc6uz3pPZsTT6ohsIA6HqK-G0lX-4tAmKaUQ==&c=Y241RsB4O6IFIuVOSwA2Zj1ewyDmO393tw1fTsWYzT6xcVzJMYvMfw==&ch=riWXNjb-6EU3yPjlPHuHgqhdf9SXH3zKZG55g3gv7zfRIfVc173adg==)

·     [**12 Tools for Your Wellness Toolbox**](http://r20.rs6.net/tn.jsp?f=001Ie7zkQMXg5SW9HoHFnMG4BJIXjvrXZF4sEe1Iofsmkqb5haUVEBTmv5ZvFxOBS5B9-qI4Azsd3Amh55hRYxNlsED7wwQQIiRJOBR2YWK0Um6mSWG2LueJmmimimcQ7BVmdtlq3K49JxMateAEG4iXbmnu53Yle9TITOhFjQgoVJDnblZkF0-PA==&c=Y241RsB4O6IFIuVOSwA2Zj1ewyDmO393tw1fTsWYzT6xcVzJMYvMfw==&ch=riWXNjb-6EU3yPjlPHuHgqhdf9SXH3zKZG55g3gv7zfRIfVc173adg==)

Here are some Financial Tips that we have gathered concerning that can assist many of us during this time:

From eXtension concerning Financial Security in Tough Times:

·     [**Financial Security: Managing Money in Tough Times**](http://r20.rs6.net/tn.jsp?f=001Ie7zkQMXg5SW9HoHFnMG4BJIXjvrXZF4sEe1Iofsmkqb5haUVEBTmv5ZvFxOBS5BQNPfcUo5nNDQ51X_12ll-0pSpMKtisuPdcK9efuLNHwXqbEouSeRITwop-vR2ZoayYqG2gcWacC5uhp5Vh3WxrQ2l99iZWrXi40qdy2X1hE_8gLetF63_yCx9XeK2zxHjUj9P49bvVAIHGORwGao3hWtJM1fZMcQp1jy8o4NGhA=&c=Y241RsB4O6IFIuVOSwA2Zj1ewyDmO393tw1fTsWYzT6xcVzJMYvMfw==&ch=riWXNjb-6EU3yPjlPHuHgqhdf9SXH3zKZG55g3gv7zfRIfVc173adg==)

And from the Customer Financial Protection Bureau:

·     [**Protect Yourself Financially from the Impact of the Coronavirus**](http://r20.rs6.net/tn.jsp?f=001Ie7zkQMXg5SW9HoHFnMG4BJIXjvrXZF4sEe1Iofsmkqb5haUVEBTmv5ZvFxOBS5BA7TQkUShmY1bynTRvRhN3z7HbRQ52tig4xz7veo_59zGGe82kQbzj204f-g4kfAqeEA_LzMTyapJEOsMqAtQUF7MQfog0t57d3_Iuq5-bTqNKj0tx2Ok6VEMW95BzBujW84CmZnRZgS5PLp64LVz6DU3XBiSHUsHZk5L2oup3pHlycAMOeoVRU2gQchTiZJq&c=Y241RsB4O6IFIuVOSwA2Zj1ewyDmO393tw1fTsWYzT6xcVzJMYvMfw==&ch=riWXNjb-6EU3yPjlPHuHgqhdf9SXH3zKZG55g3gv7zfRIfVc173adg==)

Finally, I will repeat, we are all in the same boat, which means we are all in this together. If you are feeling hopeless or helpless (or know someone who is feeling this way), please reach out to someone. If you are afraid of someone knowing, please do reach out to the confidential resources at the National Suicide Prevention Lifeline:

·     [**National Suicide Prevention Lifeline Website**](http://r20.rs6.net/tn.jsp?f=001Ie7zkQMXg5SW9HoHFnMG4BJIXjvrXZF4sEe1Iofsmkqb5haUVEBTmv5ZvFxOBS5BOvPsBXC4sRTxiCwAiaqDo9vUlU80AZhN8I6uFhJHXlkhKb58tElhxwSIFvDrFt4DFrEM7vQ5I53Jxx_UQb4sr0bruxkAr6xt&c=Y241RsB4O6IFIuVOSwA2Zj1ewyDmO393tw1fTsWYzT6xcVzJMYvMfw==&ch=riWXNjb-6EU3yPjlPHuHgqhdf9SXH3zKZG55g3gv7zfRIfVc173adg==)

·     **Hotline: 1-800-273-8755**

We will get through this, it will take time, but it will happen, I promise. *-* ***Jaime Menon, K-State Research and Extension PRIDE,*** [***jmenon@ksu.edu***](mailto:jmenon@ksu.edu)