

May is Mental Health Awareness Month

With the COVID-19 still here, we are all feeling uneasy even when we are going outside with our masks on and practicing social distancing. It is natural to feel uneasiness, anxiety, depression. If you are having feelings of loneliness, sadness, irritability, fear or worry, please reach out to someone, just to talk. Or if you know someone that is living alone, check up on them. Utilize your church phone tree if you have one to keep in touch.

Or call:

- Aloha United Way - 211
- Disaster Distress Hotline - 1-800-985-5990

Being cooped up inside can really wear you down and you may start feeling like the four walls are closing in.

Remember, it is ok to go outside and get fresh air from time to time; just continue to practice social distancing and wear your mask.