



# COUNTY OF VENTURA

## Logrando Bienestar

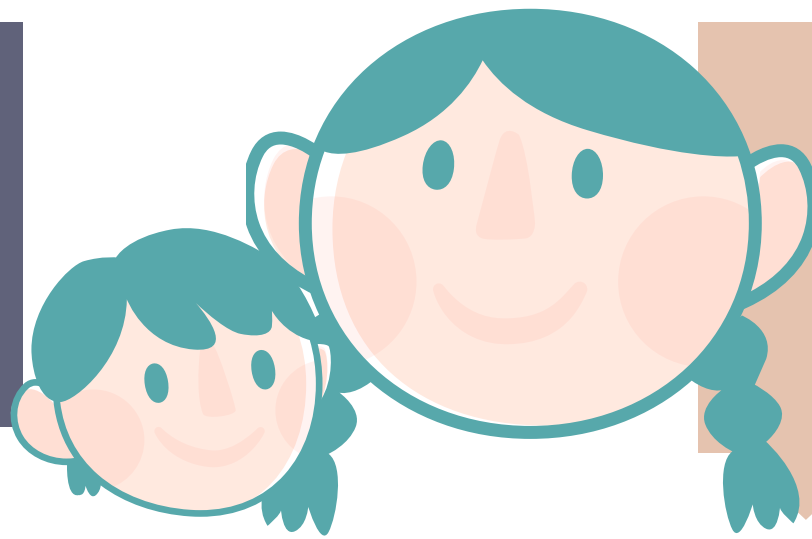
ACHIEVING WELL-BEING

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**DURING COVID-19 YOUR MENTAL HEALTH COULD BE AFFECTED**

### Children



### Adults

#### Children may feel

- Tearful
- Isolating
- Unmotivate
- Frequently angry
- Frequently sadness
- Verbally aggressive
- Physically aggressive
- Frequent panic attacks
- Overeating or not eating
- Trouble getting out of bed
- Refusing to complete chores
- Excessive fear for no reason
- Fear to step outside the house
- Refusing to complete school work
- Sleeping excessively or not sleeping
- Refusing to eat and not wanting to be left alone and holding on to parents

#### Adults may feel

- Avoiding home responsibilities
- Outburst of anger or yelling
- Trouble getting out of bed
- Feeling extreme sadness
- Frequent headaches
- Frequent body aches
- Isolation from family
- Lack of motivation
- Trouble focusing
- Trouble sleeping
- Frequent crying
- Loss of appetite
- Nervousness
- Irritable



**CONTACT US, WE CAN HELP YOU!**