



MENTAL HEALTH ALERT CARD

To the responders / volunteers / individuals coming back or living in the outbreak area

Please tick (/) if you are experiencing any of the following symptoms:

- Easily anxious
- Difficulty in sleeping
- Feeling extremely sad
- Feeling hopeless/helpless
- Feeling guilty
- Easily irritated /angry
- Flashbacks /nightmares
- Crying without any specific reasons

If you are experiencing any of the above please seek professional help from nearest clinic/ hospital and present this card for further assessment.

To the Doctor

The person who's presenting this mental health alert card has returned from / living in a disaster/ crisis/ outbreak area _____

If the person presents with symptoms related to mental health problems, kindly perform further assessment and appropriate intervention for him/her.

**TIPS ON MANAGING YOUR MENTAL HEALTH
UPON RETURNING FROM A DISASTER/ CRISIS/ OUTBREAK AREA**

- Do not be alone or isolate yourself
- Talk to someone that you trust or share your feelings about the events that you have experience
- Try to eat even if you do not have the appetite
- Manage your stress by relaxation techniques, enough sleep, balance diet and exercises
- Practice deep breathing exercises or other forms of relaxation techniques
- Pay extra attention to rekindling your interpersonal relationships with your family members and friends, continue to communicate.
- Anticipate that you will experience recurring thoughts or dreams and they will decrease over time
- Try to get back to your normal routines
- Give yourself time and chance to recover from the memories of events

THANK YOU