

Free Online Mental Health Helpline for Covid 19

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Timing: 10:00 AM to 5:00 Pm

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Tips for Good Mental Health in the time of Quarantine

1. Positive Thinking -- be optimistic, talk about well being
2. Fearlessness-- be confident, self care, self believe, balanced behavior
3. Limited desire -- be realistic, accept the present situation
4. Establish Good Relationship -- spend quality time with children and other family members, respect yourself and others, engage in meaningful activities
5. Improve Mental Fitness -- meditation, yoga, deep breathing, etc.
6. Physical Fitness -- proper sleep, healthy food and exercise, cleanliness
7. Avoid Heavy Substance Use-- no smoking, no alcohol, no drugs.

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During the crisis of COVID-19 pandemic, it is quite natural to experience a wide variety of Mental Health concerns.

In order get help for these concerns, you may call or whatsapp *+91 9410127589*