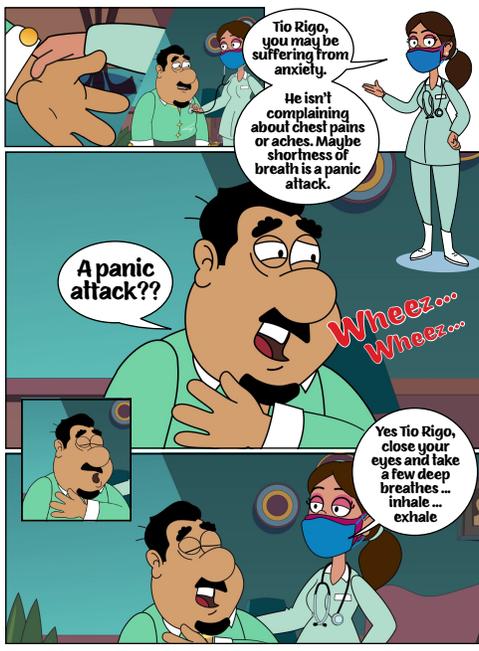


# COVID and Mental Health



**5 million**  
fewer jobs (4.8% unemployment rate)

**12 million**  
adults (1 in 6 adults) are behind in rent payment

**20 million**  
households (1 in 8 adults with children households) sometimes or often didn't have enough food

Source: Center on budget and Policy Priorities  
 Report: "Tracking the COVID-19 Economy's Effort Housing and Employment"

Mama Lucha a lot of people are going through stress during this pandemic - Covid.



**NCEAL**  
 If you or someone you know is anxious or depressed, thinking that it's just not worth living, or living with violence in the home, it is important to seek help for overall well-being!  
[www.facebook.com/VacunateLatinoNC](https://www.facebook.com/VacunateLatinoNC)

- NC MENTAL HEALTH RESOURCES/ NORTH CAROLINA RESOURCES
- HOPE4NC  
<https://www.ncdhs.gov/>  
 (Click on the lines at the top right that read SELECT LANGUAGE and choose "Spanish")  
 1-855-587-3463
  - Mental Health Alliance of Central Carolinas  
<https://mhaofcc.org/>  
 (Click on lines at the top right and choose "in Spanish")
  - The Future  
[https:// elfuturo-nc.org](https://elfuturo-nc.org)  
 (Click on the lines at the top right and choose "Spanish")  
 1-919-688-7101
  - NC Coalition Against Domestic Violence/ NC Coalition Against Domestic Violence  
[www.nccadv.org](http://www.nccadv.org)
  - List of Domestic Violence Programs in NC's cities & counties/ List of programs in cities and counties of North Carolina (in English)  
[www.ncadmin.nc.gov](http://www.ncadmin.nc.gov)
- US NATIONAL RESOURCES/RECURSOS NACIONALES EE.UU.
- SAMHSA/Substance Abuse and Mental Health Administration  
<https://www.samhsa.gov>  
 (Click "in Spanish")  
 — Find treatment/Find treatment  
<https://findtreatment.gov>  
 1-800-662-4357  
 — National Suicide Prevention/National Suicide Prevention Lifeline  
<https://suicidepreventionlifeline.org>  
 1-800-273-8255
  - NAMI—National Alliance on Mental Health  
<https://nami.org/home>  
 (Click on lines at the top right and choose "in Spanish")  
<https://app.frame.io/presentations/ec4e5fe5-ec3c-48fe-a404-f7b5faa58150>