

EBOLA & MENTAL HEALTH



What Can You Do To Help Those Affected By Ebola?

If you know someone from Guinea, Liberia, or Sierra Leone, he or she may have lost loved ones to Ebola. He or she may be suffering, so reach out to individuals who show signs of:

Long-term sadness, crying

Anxiety, nerves, easily irritated

Loss of interest or motivation

Trouble sleeping or sleeping a lot

Wanting to be alone all the time

An individual may need professional help if he/she is:

- ➔ Absent from work or school a lot.
- ➔ Having trouble concentrating or thinking clearly.
- ➔ Using drugs, cigarettes or alcohol in excess.
- ➔ Quick to become angry.
- ➔ Still very sad/depressed after six months have passed.

Silence the virus,
support the
individual. 

For more information, contact your local health department or visit the Virginia Department of Health's website at vdh.virginia.gov.