Megan Shelton:

I don't think that we have seen the tip of the iceberg when it comes to the effects that COVID-19 will have on a person's mental health. People are supposed to be out, with each other, with their family and friends. And now we're having to isolate ourselves, we're hiding behind masks, and you can't always don't feel like you can get that connection.

Leslie Petrie:

I think COVID-19 has touched people in a way that nothing else ever has before, based on the fact that we are social creatures. And now that we've been isolated, some of us don't see our family members for weeks on end.

Heather Summers:

Especially now, there's so much stress going on, a lot of financial burdens on people. I don't know statistics since we're still in it right now, but this whole COVID has really been hard on everybody.

Megan Shelton:

We are all experiencing a big change right now, with this world and with COVID and trying to undergo changes with our personal lives, our professional lives, our family lives.

Leslie Petrie:

It's okay to ask for help, and it's not a sign of weakness. Honestly, it's a sign of courage. It takes a lot of courage to ask for that kind of help.

Heather Summers:

If you're not doing well mentally, mental health can take a big toll on your physical health. So it's important that you get help for that. And there's nothing to be embarrassed or ashamed by. I think it's important that we try to normalize it and make it a priority.

Megan Shelton:

You may have to find different ways of connecting with your friends and family. There's video chat. If you used to go to the gym and you can't do that now, try to find other ways to exercise, which is very important. Get out, get some sunshine. Do what you can to be with others. And stay safe.