**Introduction Email in Chinese (Simplified)**

尊敬的同事和朋友：

人际交往联系是维持良好的心理健康的关键要素之一。但我们在遵守医疗指南和限制接触他人的同时，应该要如何与他人保持联系呢？

社区不单单是指一个近距离的范围，而是我们对“我们自己”的理解与定义。通过视频会议、电话、社交媒体、短信，甚至寄信，在您的社区内安全地出现在人们面前，特别是那些因年龄或健康问题而较为弱势的群体。主动联系他人，表达您对他们的惦念，简单之举，不仅能帮助他们缓解压力，也能使您自己感到轻松。

虽然现在人们之间的肢体距离比以前远，但有社区这个大家庭在，我们可以像以前经历的其它众多危机一样，团结一心，携手度过此次危机。

如果您目前感到担忧、易怒，或者情绪低落，请不要忘记，您不是独自一人。您可以获得帮助和支持。与您信任的人聊一聊，或者尝试拨打 SAMHSA 的灾难求救热线（Disaster Distress Line）1-800-985-5990（无间断服务），主动联系有相似经历且受过培训的人员或危机顾问（可提供口译服务；这条热线一周7天、每天24小时全天候开通）。

在这样有很多不确定因素的多变时期，尽全力照顾好自己的身心是非常重要。锻炼身体、晒太阳、与他人保持联系、规律作息等这些自我护理技巧 规律作息等这些自我护理技巧，不仅有助于缓解压力，还可以有效长久地改善情绪。查看该信息图提供的资源和建议，了解一些好办法。

**Introduction Email Language English**

Dear Colleagues and Friends,

Human connection is one of the most critical components for maintaining good mental health. But how can we stay connected while still following medical guidance to limit our exposure to others?

Community isn’t just about proximity, it’s first and foremost a mindset about who we consider to be “our own.” Show up safely for people in your community, especially those who may be more vulnerable because of age or health, through video conferencing, phone calls, social media, text messages, or even perhaps mailing them a letter. The simple act of reaching out and saying you’re thinking of someone can help alleviate stress in them, as well as yourself.

By staying in community, even if we are more physically separated, we can and will get through this crisis as we have gotten through so many others in the past — together.

If you are experiencing feelings of worry, irritability, or low mood right now, please know that you are not alone. Help and support is available. Talk to people you trust, or try reaching out to a trained peer or crisis counselor at SAMHSA’s Disaster Distress Line (24/7) 1-800-985-5990 (interpretation services are available and the Line is open 24 hours a day, 7 days a week).

During times of change and uncertainty it is even more important to take care of our mind and body as best as we can. Self-care techniques like getting exercise and sunlight, connecting with others, and regular sleep can alleviate stress and improve mood in a way that is both powerful and long-lasting. Check out the resources and tips in this infographic for ideas.