



Resources for Coping during COVID-19

During this time of uncertainty and isolation it can be difficult to adjust to lost routines and social connections. Being isolated at home means changes to the amount of time we are with or apart from others. For those of us who are grieving loved ones we have lost, or worry about the wellbeing of our loved ones, the situation can feel overwhelming.

It's common for people to feel stressed, lonely, worried, or anxious. Sometimes we don't know about resources to help us deal with things differently or support us in getting through stressful times. We offer the following resources with the hope that you or someone in your life may find them useful.

Social Distancing and Mental Health

Washington State Department of Health Nursing Commission

We need each other. Being isolated from other people can make our physical and mental health worse and can especially trigger anxiety and depression. Especially if you live alone, social distancing is hard on our bodies and our emotions. And when we add to that the worries about unknowns—will I get sick? Will someone I love get sick? What will happen to my job?—we layer on additional stresses to our physical and mental health. If you find yourself lonely, stressed, or anxious, pay attention to these emotions and take action:

1. Avoid watching, reading, or listening to news reports that cause you to feel anxious or distressed. A near-constant stream of news is not calming. Seek out information from reliable sources like the [Washington State Department of Health](#) or the [Centers for Disease Control and Prevention](#) just a couple times a day. Fact-check what you see on social media. Spread good information.
2. Stay connected with others and maintain your social networks. Go for a walk and wave to your neighbors from six feet away. Ask them if they are well and if they need anything.
3. Introduce structure into your day. Structure and routine may be helpful for people with mental health vulnerabilities, especially during times of uncertainty. Even if you are working from home or if your life looks completely different right now, try to maintain familiar routines in daily life as much as possible. Maybe we'll feel better if we shower, get dressed, and eat breakfast.

Check out these resources to help support your mental health or that of a loved one:

- [Care for Your Coronavirus Anxiety Toolkit](#)
- [How to Help Someone with Anxiety or Depression during COVID-19](#)
- [Resources to Support Mental Health and Coping with the Coronavirus](#)

24-hour National Suicide Prevention Lifeline

If you are in crisis, don't hesitate to call the 24-hour [National Suicide Prevention Lifeline](#). The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call **800-273-8255**. Press 1 for Veterans. Non-emergency calls are welcomed. For free and confidential help via text messaging, text **MHFA to 741741** to talk to a Crisis Text Line counselor.

Ayuda En Español

Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar inglés si usted necesita ayuda. Cuando usted llama al número **1-888-628-9454**, su llamada se dirige al centro de ayuda de nuestra red disponible más cercano. Tenemos actualmente 170 centros en la red y usted hablará probablemente con uno situado en su zona. Cada centro funciona en forma independiente y tiene su propio personal calificado. Cuando el centro contesta su llamada, usted estará hablando con una persona que le escuchará, le hará preguntas y hará todo lo que esté a su alcance para ayudarle.

Resources for People Who Are Deaf, Hard of Hearing, or Have Hearing Loss

Our network of crisis centers offers many services for people who are deaf and hard of hearing.

If you are hard of hearing, you can chat with a Lifeline counselor 24/7 by:

- [Online chat – Click the Chat button](#)
- Video relay Service – Dial 800-273-8255
- TTY – Dial 800-799-4889
- Voice/Caption Phone – Dial 800-273-8255

Resources for Veterans

If you are a Veteran or service member with hearing loss, or any person concerned about someone who is, there are several ways to contact the Veterans Crisis Line:

- Send a text message to **838255**
- [Online chat](#) with a Veterans Crisis Line responder

Crisis Chat

[Lifeline Crisis Chat](#) is a service of the National Suicide Prevention Lifeline in partnership with CONTACT USA. It is the first service of its kind where crisis centers across the United States have joined together to form one national chat network that can provide online emotional support, crisis intervention, and suicide prevention services. Chat specialists are available to listen and support you through whatever difficult times you may be facing.



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Additional Resources

Online/Phone Recovery Support During COVID-19

[University of Washington Alcohol and Drug Abuse Institute](#)

Many in-person 12-step and other recovery support meetings have been canceled because of COVID-19. You can find some links and information about support you can access online or by phone.

The Dougy Center: The National Center for Grieving Children and Families

[The Dougy Center](#) provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. They provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children in grief. Through their *Pathways* Program, they provide a safe place for families living with an advanced serious illness.

Articles include:

- [Supporting Children & Teens When a Family Member is Dying in a Hospital or Care Facility](#)
- [When Your World is Already Upside Down: Supporting Grieving Children and Teens During COVID-19](#)

Trans Lifeline

[Trans Lifeline](#) is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive. Trans Lifeline's Hotline (**1-877-565-8860**) is a peer support service run by trans people, for trans and questioning callers.

SAMHSA Behavioral Health Treatment Locator

[Behavioral Health Treatment Services Locator](#) is a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems. You can also call **1-800-662-HELP (4357)** for treatment referral and information, 24/7.

The Trevor Project

[The Trevor Project](#) is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. Their trained counselors are there to support you 24/7.

If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, you can:

- Call **1-866-488-7386**
- Text **START** to **678678**
- [Online chat](#)

Online Grief Resources

Providence provides a [list of resources](#) for grieving individuals (adults and teens).

For the most up-to-date information in Clark County, visit the [Clark County Public Health Novel Coronavirus website](#).