

Erie County Cares- COVID- 19 and Your Mental Health

During this time, in addition to the care of our physical health we want to stress the importance of our mental health. The uncertainty of COVID-19 is causing heightened anxiety and fear for all of us. You are not alone!

We want to reassure there is support in our community and highlight the things you have control of to help your mental health and self-care. Below are some resource links to review how to help manage the stress of the COVID 19 crisis for yourself, your children or a loved one. It is important to remember if your loved one already has a mental health condition, they are more vulnerable to increased anxiety during these times. Please check in and see how friends and family are doing during this time. Crisis Services 24- Hour hotline 716-834-3131 is available for support.

Anxieties and stressors can also have a negative impact upon one's alcohol or substance use or if in recovery create challenges to maintain one's recovery. The 24-Hour Addiction Hotline 716-831-7007 is available for referral and information for the person addicted and their family.

The hotline counselors are available to provide supportive counseling, information and referrals to deal with impact of COVID-19.

Mental Health Support and Resources:

- Coping with Disaster or Traumatic Event-
https://emergency.cdc.gov/coping/pdf/Coping_with_Disaster.pdf
- Mental Health and Coping During COVID-19-
<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>
- Coping with Stress During Infectious Disease Outbreaks-
<https://store.samhsa.gov/system/files/sma14-4885.pdf>
- Talking with your children about COVID-19-
[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

National Resource: 24- hour access to trained disaster crisis counselors providing supportive counseling, including information on common stress reactions and healthy coping

Disaster Distress Helpline: 1-800-985-5990

o Text: "TalkWithUs" to 66746

o TTY: 1-800-846-8517

o Website: <http://disasterdistress.samhsa.gov>