



## General Mental Health Support/Coping with COVID-19 Events

These are uncertain times. It can even feel scary right now. Whether you already experience mental health issues, or you are feeling anxious, worried, stressed, confused, or afraid - **you are *not* alone**. For information and support to help you cope with the current issues and maintain healthy mental wellness, please click on these links below:

Taking Care of Your Mental Health in the Face of Uncertainty

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?sfns=mo>

Coping with Stress During Infectious Disease Outbreaks

<https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

NAMI Helpline Updates, Information and Resources Guide

<https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>

How to Prepare – Manage Anxiety and Stress

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

If you are in need immediate support or experiencing a crisis, you can contact these hotlines:

### **WASHINGTON COUNTY CRISIS LINE**

503-291-9111 (24/7/365)

### **SUICIDE LIFELINE**

Call 800-273-8255 (24/7/365)

Text 273TALK to 839863 (8am-11pm PST daily)

### **ALCOHOL & DRUG HELPLINE**

Call 800-923-4357 (24/7/365)

Text RecoveryNow to 839863 (8am-11pm PST daily)

### **MILITARY HELPLINE**

Call 888-457-4838 (24/7/365)

Text MIL1 to 839863 (8am-11pm PST daily)

### **SENIOR LONELINESS LINE**

Call 503-200-1633

### **YOUTHLINE**

Call 877-968-8491

Text teen2teen to 839863

Chat at [www.oregonyouthline.org](http://www.oregonyouthline.org)

(4pm-10pm PST daily; off-hours calls are answered by Lines for Life)



## Domestic Violence Support

Life can feel uncertain and scary right now. It can feel scarier and unsafe if you are in an abusive relationship or a dangerous home situation. If you have to self-isolate at home, or are co-quarantined with an abuser, please reach out:

### **DVRC 24-HOUR CRISIS LINE**

Local: 503-469-8620

Toll free: 1-866-469-8600

### **NATIONAL DOMESTIC VIOLENCE HOTLINE**

Call: 1-800-799-7233

TTY: 1-800-787-3224

Text LOVEIS to 22522

You may access helpful DV information and resources here:

Staying Safe During COVID-19: <https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

Domestic Violence Resource Center: [www.dvrc-or.org](http://www.dvrc-or.org)

*\*Please safely use technology and the internet*

## Parenting and Family Support

For adults, it can be difficult to fully understand and make sense of the current events. For kids, it can be even harder. Here are some resources to help you talk with your kids about COVID-19, ways support them during these times, and how to manage school closures and working from home:

10 Tips for Talking About COVID-19 with Your Kids:

<https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>

Talking with Children: Tips for Caregivers, Parents and Teachers:

<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

Supporting Kids during the COVID-19 Crisis:

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

Coronavirus Tips & Resources for Parents, Children & Others:

<https://preventchildabuse.org/coronavirus-resources/>

Parent/Caregiver Guide to Helping Families Cope with COVID-19:

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

Articles for working from home with kids at home:

<https://www.cnbc.com/2020/03/17/working-at-home-with-kids-during-covid-19-crisis-with-kids-underfoot.html>

<https://www.ctvnews.ca/health/coronavirus/help-i-ve-got-kids-what-do-i-do-tips-for-parents-working-from-home-1.4855001>