

5 Actions To Reduce Stress During the COVID-19 Pandemic

- **Be Safe:** Use healthy strategies to protect ourselves and vulnerable people.
- **Create Calm:** Recognize when you need to take breaks and do something calming and enjoyable.
- **Stay Connected:** Support one another through technology or at a safe physical distance.
- **Build a "Can Do" Spirit:** Establish a daily routine of activities that reduce risks and help you to stay strong.
- **Maintain Hope:** Remember that even though it's hard, we are in this together, and have many strengths as a community.

For more tips and local resources, see www.helpshappenshere.org/coronavirus

▶ **Community Mental Health
and Wellness Coalition**

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Crisis Services

- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: Text HOME to 741741
- Region Ten Emergency Services: 434-972-1800 (behavioral health emergencies only)
- National Domestic Violence Hotline: 1-800-799-7233
- Military and Veteran Crisis Line: 1-800-273-8255
- Trans Lifeline Peer Support: (877) 565-8860
- The Trevor Project crisis line for LGBTQ youth: 1-866-488-7386

Local mental health services

Help Happens Here Information and Referral Line can help you find local mental health and substance use services and private providers. 434-227-0641

Region Ten offers outpatient services therapy by phone or computer for children, teens, and adults. Call 434-972-1829 for adults and 434-953-0409 for children and families between 8:30 am – 4:30 pm weekdays. If you live in one of the rural Counties, call the County office directly. www.regionten.org

The Women's Initiative is offering one-on-one sessions with a counselor over the phone, free of charge during their call-in clinic hours. Sessions offer immediate, short-term assistance including: eligibility for individual counseling, self-care planning, referrals, and more. www.thewomensinitiative.org

On Our Own is offering a variety of their weekly on-line support groups, including an anxiety group, peer support, anger management, and SMART recovery. www.onourownville.org

Central Virginia Clinicians of Color Network is offering an emotional support line. Call 434-218-0440 and leave your name, phone, and email. Support calls will be returned in the order the voicemails are received.

The ***Virginia Community Response Network*** is offering free trauma support for healthcare providers and first responders impacted by COVID-19, as well as impacted spouses and significant others. www.vcrn.org

Jefferson Area Board for the Aging (JABA) connects senior to support. 434-817-5222

Employee Assistance Programs (EAP) from large employers, like UVA's FEAP, can offer short term counseling and stress reduction support. Check with your Human Resources Dept.

UVA Counseling and Psychological Services (CAPS) is offering telehealth counseling and support for UVA students.