

Mental Health Resources

Take the following steps to cope with a disaster:

- **Take care of your body**– Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs. Learn more about wellness strategies for mental health.
- **Connect with others**– Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships and build a strong support system.
- **Take breaks**– Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.
- **Stay informed**– When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.
- **Avoid too much exposure to news**– Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.
- **Seek help when needed**– If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor, or contact the SAMHSA helpline at **1-800-985-5990**.

Look out for these common signs of distress:

- Feelings of numbness, disbelief, anxiety or fear.
- Changes in appetite, energy, and activity levels.
- Difficulty concentrating.
- Difficulty sleeping or nightmares and upsetting thoughts and images.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Anger or short temper.
- Increased use of alcohol, tobacco, or other drugs.

Link: <https://emergency.cdc.gov/coping/selfcare.asp>

Seven Ways to Cope with Anxiety During the Coronavirus Outbreak:

Limit news consumption
 Practice calming techniques
 Move your body
 Connect with loved ones
 Listen to music, find activities that bring joy
 Get stuff done
 Find ways to laugh

Source: <https://www.aarp.org/health/healthy-living/info-2020/coronavirus-anxiety.html>

Coping with Isolation During the Coronavirus Outbreak:

Call, e-mail, and text friends and family
 Use videoconferencing technology such as FaceTime, Skype, and Zoom (also Duo and video chat through Facebook)
 Write letters and send cards
 Start an online or by phone book club
 Make gifts and crafts
 Share recipes, recommend favorite books, podcasts, movies, or Music
 Look into volunteer opportunities from home. Contact your local United Way or visit www.volunteermatch.com

Source: <https://www.aarp.org/health/conditions-treatments/info-2020/staying-connected-during-coronavirus.html>

To help combat insomnia / trouble sleeping:

- Establish a routine
- Spend time in the sunlight or use a lightbox (of 5,000 lux or higher) each day
- Exercise early in the day
- Reserve your bedroom for sleep
- Spend time winding down before bedtime
- Put clocks out of sight once you're tucked in
- Keep the lights dimmed – no phone or television
- Take a warm bath before bed
- Read a book or listen to music until you're sleepy
- Set aside a “worry hour” during the day

- Practice mindfulness and/or breathing techniques

Source: <https://www.nextavenue.org/cant-sleep-coronavirus-suggestions/>

Resources:

CDC: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?fbclid=IwAR3SWsrU16WUj2q2svJ3Yhnz33poz3lsQh2zCu4ys96dq4Um7jKDA_GYY_I

Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746

Texas Health and Human Services Mental Support Hotline

Offers COVID-19-related mental health support for all Texans. People can call the statewide COVID-19 Mental Health Support Line 24 hours a day, 7 days a week toll-free at 833-986-1919

Crisis Text Line

Text HOME to 741741 to be connected to a crisis counselor

<https://www.crisistextline.org/>

Blue Moon Senior Counseling

Offering tele-health counseling services in many states including Texas

Covered by Medicare, some PPO's, and private pay

No doctor order required

<https://bluemoonseniorcounseling.com/specialties/telehealth/>

855-241-7160

Teen Line Online

Staffed by trained teens

Available 8-11 pm central time

310-855-4673

TeenTalk app for iphone

Text TEEN to 839863

<https://teenlineonline.org/teen-talk-mobile-app/>

National Domestic Violence Hotline: 1-800-799-7233 and TTY 1-800-787-3224

National Suicide Prevention LifeLine: 1-800-273-8255

Crisis Centers in Texas: <https://hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services>

Disaster Apps:

<https://www.samhsa.gov/dbhis-collections/disaster-apps?term=Disaster%20Apps%202018-DBHIS>

AA Meeting Guide: https://www.aa.org/pages/en_US/meeting-guide

Breathe 2 Relax:

<https://telehealth.org/apps/behavioral/breathe2relax-mobile-app>

Help Children Cope: <https://www.nctsn.org/resources/help-kids-cope>

LifeArmor: (Android and iOS)

Positive Activity Jackpot:

<https://positive-activity-jackpot.soft112.com/>

PTSD Coach:

https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp

Tactical Breather: (Android and iOS)

T2 Mood Tracker: and iOS)

Virtual Hope Box: (Android and iOS)

Mindfulness / Meditation apps:

Headspace

MyLife

10% Happier

Buddhify

Insight Timer

Calm

Note: Apps are available for iOS and Android. Some are free, some are fee-based, and some offer both free and paid memberships.

Also, Amazon's Alexa and Google Home can play guided meditations.

NOTE: Please contact the Disability Information and Referral Center (DIRC), a service provided by the Talking Book Program (TBP), for more information on assistive technology resources and on learning disabilities. TBP is a free lending library that provides recreational reading materials in alternative formats for qualified individuals in Texas who cannot read standard print or physically hold a book.

Disability Information and Referral Center (DIRC)
Talking Book Program (TBP)
Texas State Library and Archives Commission

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