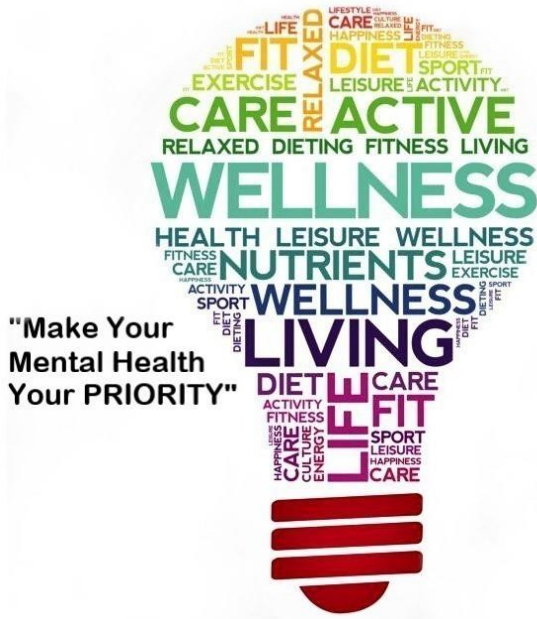


Presented by HCP's
Behavioral Health and
Social Work Department



Is Coronavirus news having a negative impact your mental health? Are you struggling to cope with our new sense of normalcy? The challenges that this outbreak has brought to you, your family, and your friends are probably unlike any that you've ever had to face before. We are all learning how to deal with this new "normal." Navigating your way through all of the uncertainty, and understandable anxiety over how to handle any heightened risks can be scary. But it's important to remember that you are not alone. We all are in this together, and we are all dealing with that same sense of uncertainty.

Included below are some powerful coping strategies that we hope you'll find helpful. Please remember - throughout history, humanity has always risen to the challenge of meeting whatever challenges have been thrown our way- oftentimes emerging stronger than ever! If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, the **Office of Mental Health** offers an "Emotional Support Line" that provides free and confidential support. That support line is there to help any caller experiencing increased anxiety due to the coronavirus pandemic. The Help Line is staffed by volunteers and dedicated mental health professionals who have received training in crisis counseling:

Please contact the **OMH Emotional Support Line at 1-844-863-9314** (presented by **HCP's Behavioral Health and Social Work Department**). Additional Information & Disaster Mental Health Resources are available as well by visiting the following websites:

https://omh.ny.gov/omhweb/disaster_resources/pandemic_influenza/ and

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

*DISCLAIMER: The Office of Mental Health's ("OMH") Emotional Support Line ("Line") is not licensed or unlicensed mental health care or treatment of any type regardless of what is discussed or who provides support. It is for emotional support purposes only. Use of the Line does not create any confidential provider-therapist relationship of any type. The Line not a substitute for professional health care.

If you believe you are experiencing a medical or behavioral health emergency, call your doctor or 911 immediately.

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

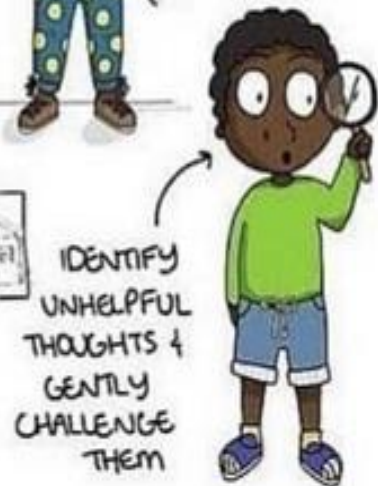
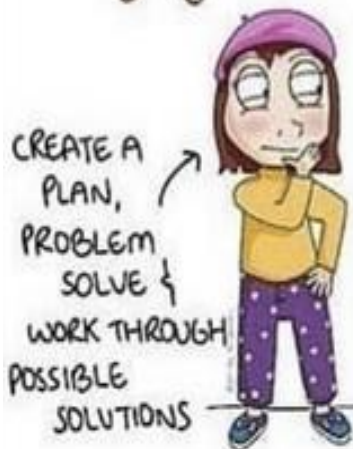
*DISCLAIMER: The Office of Mental Health's ("OMH") Emotional Support Line ("Line") is not licensed or unlicensed mental health care or treatment of any type regardless of what is discussed or who provides support. It is for emotional support purposes only. Use of the Line does not create any confidential provider-therapist relationship of any type. The Line not a substitute for professional health care.

If you believe you are experiencing a medical or behavioral health emergency, call your doctor or 911 immediately.

TOOLS TO MANAGE

ANXIETY

@journey.to.wellness



*DISCLAIMER: The Office of Mental Health's ("OMH") Emotional Support Line ("Line") is not licensed or unlicensed mental health care or treatment of any type regardless of what is discussed or who provides support. It is for emotional support purposes only. Use of the Line does not create any confidential provider-therapist relationship of any type. The Line not a substitute for professional health care.

If you believe you are experiencing a medical or behavioral health emergency, call your doctor or 911 immediately.

How To Prevent A Coronavirus **ANXIETY ATTACK**

Start by breathing deeply in through your nose, and out through your mouth. Then, slowly bring awareness to...



..... **5** Things you can **see**



..... **4** Things you can **touch**



..... **3** Things you can **hear**



..... **2** Things you can **smell**



..... **1** Emotion you can **feel**



This is called grounding:

It helps when you've gone too far in your own head and lost all control of your surroundings.

The coronavirus has made anxiety levels rise worldwide. Please share - this could really help someone in need!

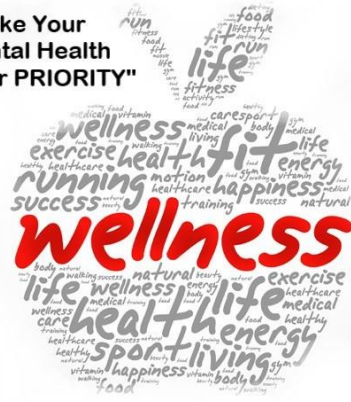
@RealDepressionProject



*DISCLAIMER: The Office of Mental Health's ("OMH") Emotional Support Line ("Line") is not licensed or unlicensed mental health care or treatment of any type regardless of what is discussed or who provides support. It is for emotional support purposes only. Use of the Line does not create any confidential provider-therapist relationship of any type. The Line not a substitute for professional health care.

If you believe you are experiencing a medical or behavioral health emergency, call your doctor or 911 immediately.

**"Make Your
Mental Health
Your PRIORITY"**



As social workers, we want you to know that it's "okay" to have feelings of anxiety and fear during times of uncertainty.

Even the strongest among us need to find ways to cope with uncertainty at times. Check out some of the ways that your mental health professionals are personally coping with the current COVID-19 situation:

Tiffany, LCSW - "Working out at home and musical jam sessions with my two-year-old daughter."

Nicole, LMSW - "Making time to practice self-care (exercising, virtual coffee dates with friends) and managing an online wellness group that provides support and accountability to reach optimal health."

Doniesha, Social Work Coordinator - "Midday walks around my neighborhood to get fresh air. Also, I have been doing Mental Health Check - Ins with close friends and family (Virtually)."

Alison, LMSW - "I pray, talk with clergy, listen to music and have been doing crossword and other puzzles."

Sara, LCSW-R - "Engaging in a daily routine, taking breaks and reading, watching tv or contacting friends/family by phone, listening to relaxing music and performing chores/exercising."

Brian, LMSW - "Taking walks in the neighborhood with my dog while keeping social distance. Listening to music and watching movies I have never seen. Playing family games with those I live with. Playing video games virtually with friends as a way of remaining connected."

Cindy, LMSW - "My main ways to stay sane are texting and chatting with friends, colleagues, and family. I enjoy getting photos from my loved ones and especially look forward to funny quotes, pics and attachments that find the humor during this crazy time."

Katherine, LCSW-R - "Trying to keep a daily schedule, daily walks and watching Netflix at night."

*DISCLAIMER: The Office of Mental Health's ("OMH") Emotional Support Line ("Line") is not licensed or unlicensed mental health care or treatment of any type regardless of what is discussed or who provides support. It is for emotional support purposes only. Use of the Line does not create any confidential provider-therapist relationship of any type. The Line not a substitute for professional health care.

If you believe you are experiencing a medical or behavioral health emergency, call your doctor or 911 immediately.