



FROM THE OWYHEE COMMUNITY HEALTH FACILITY
INCIDENT MANAGEMENT TEAM
PUBLIC ANNOUNCEMENT ON 2020 COVID-19 #5

March 31, 2020

BEHAVIORAL HEALTH COPING SKILLS

This coronavirus disease and response to COVID-19 is new and affecting a lot of people on a global, community, and individual scale. If you are in a mental health crisis and you feel you need 10-15 minutes on the phone for de-escalation, you may reach out to Behavioral Health at (775)757-2403, extension # 4257.

Feeling stressed, anxious or depressed or feeling like you are headed towards an emotional crisis, follow this safety plan:

- Be aware of what is triggering you, i.e., media, social media, lack of finances, empty store shelves, etc.
- Use your natural coping skills, i.e. listening to music, going for a walk/run, deep breathing, reading a good book, etc. Suggestion: make a list of reasons for living and read it as a reminder as many times as you need to.
- Reach out to people you trust to talk to, i.e., Spiritual Leaders/Elders, Clergy, friends, family, counselor, sponsors, etc.
- Call emergency hotlines such as: Suicide Prevention Lifeline 1-800-273-TALK (8255) StrongHearts Native Helpline for domestic violence 1-844 NATIVE (762-8483). SAMHSA's Disaster Distress Helpline 1-800-985-5990 for crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
- For coping tools and resources, visit the Lifeline website at suicidepreventionlifeline.org or Vibrant Emotional Health's Safe Space at vibrant.org/safespace.

If you are feeling suicidal or wanting to self-harm then please call **911**. If you have any questions you may call Behavioral Health at 775-757-2403 Ext. 4257.

You're not alone!

Please practice SOCIAL DISTANCING, STAYING HOME and WASHING YOUR HANDS.

