

Mental Health Tips for Coronavirus COVID-19

Keep a routine

As much as possible, stick to routines that worked for you before.

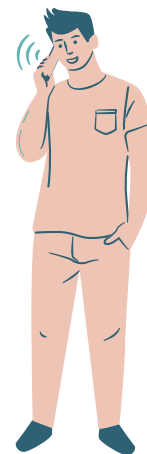
- Make a schedule together with your family.
- Make sure to schedule healthy meals.
- Include time outside for a walk or hike. Keep 6 feet apart from others.



Stay Connected

Call or video chat with at least one person every day.

- Say, “Hi” to neighbors.
- Join an online group or meeting. Many groups have meetings that are easy to join from a computer or smart phone.
- Read the Mental Health Resource List (other side) and call or check a website for more information.



Relax

It is common to worry about your health, family and money. Worrying constantly will not make anything better.

- Give yourself permission to take a break.



Keep Balance

Balance your time keeping up with the news with activities that calm you.

- Try to leave the phone at home or on silent for a few minutes.
- Take a walk or sit outside and just breathe.

Small adjustments can go a long way to greater peace and calm.



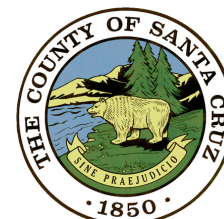
Have Fun

Laughter is good medicine! The situation is very serious, but finding humor along the way will improve your mood.

- “Movie therapy,” especially a good comedy, can leave you feeling a little lighter.
- Turn up music and dance or sing.



For more information call 2-1-1.



County of Santa Cruz Mental Health Resources

Santa Cruz Behavioral Health Crisis Stabilization Program

24-Hour Hotline: **831-600-2800**

2250 Soquel Drive, Santa Cruz

24-hour emergency response for people experiencing a mental health crisis. Anyone can call directly. They do not need to talk with a doctor first.

County of Santa Cruz Behavioral Health

24-Hour Hotline: **800-952-2335**

For anyone interested in behavioral health services. A clinician can talk to you about a variety of options available in Santa Cruz County.

National Alliance on Mental Illness (NAMI)

namiscc.org

Help Line: **831-427-8020 x 7**

Español: **831-205-7074**

Administrative Office: (831) 824-0406

Information for consumers and their family members.

Psychology Today

psychologytoday.com

Many therapists now offer computer or phone appointments.

California Peer Run Hotline

1-855-845-7415

This Peer-Run Hotline provides non-emergency resources for anyone in California seeking emotional support.

Suicide Prevention Crisis Line

for Santa Cruz, San Benito, & Monterey counties:

24-hour Hotline: **1-877-663-5433, 1-877-ONE-LIFE**

24-hour National Hotline: **1-800-273-8255**

2-1-1

24-hour help line: **Dial 2-1-1**

Text your zip code to: 898-211

For Coronavirus information,

text "**COVID19**" to **211211**

211santacruzcounty.org

Free service to connect people with health information and social services.

Santa Cruz County Senior Network Services

831-462-1433

Recovery Groups

12-Step groups like AA, NA, Al-Anon and others have set up online and phone groups. Check on each program's website for more detail, or call 2-1-1.

Smart Recovery

SmartRecovery.org

Science-based recovery, online groups and support.

Refuge Recovery

RefugeRecovery.org

Mindfulness-based online groups and support.

Spiritual/Religious

Many faith-based communities (churches, synagogues, temples, etc.) now have online worship, meditation or spiritual practice. Call or check their websites for more information.

