

Mental Health Concerns and dealing with COVID 19

RESOURCES available to help you during this time:

******Employees that are covered under the school health insurance have the benefit of using Teledoc to speak to several different licensed mental health professionals from your home. Teledoc providers are available to you 24/7. Please contact them at 1-800-TELADOC (835-2362) or download the app on your phone.

COMMUNITY RESOURCES available to everyone:

Frontier Health is offering virtual appointments to those in need by logging on at www.frontierhealth.org or by calling 276-225-0976.

Crisis HOTLINE is available 24/7:

TENNESSEE 877-928-9062

SCOTT County, VA 276-225-0976

LEE County, VA 262-346-3590

WISE County, VA 267-523-8300

CREEKSIDE Behavioral Health 1025 Executive Park Blvd. Kingsport, TN 37660

Creekside offers a free confidential assessment by calling 423-830-8114.

They offer services for Adolescents, Seniors, Adults and Families. Inpatient and Outpatient programs are offered.

WOODRIDGE Hospital 403 N State of Franklin Rd. Johnson City, TN 37604

Offers a RESPOND intervention helpline at 1-800-366-1132, 24/7

They offer services for mental health and chemical dependency for adult, adolescents and children.

National Suicide Hotline 1-800-273-8255

Domestic Violence Helpline 1-800-799-7233

Virginia Child Abuse Hotline 1-800-552-7096

Suggestions to help manage anxiety/worry during the coronavirus (COVID19)

1. **Stay connected to people:** pick up the telephone and actually call them have a voice conversation. Use this time to increase more personal communication versus emojis in a text. Use other creative ways to connect to people such as mailing cards and letters or use technology such as facetime or zoom which will allow you to actually see the person.
2. **Channel your anxious energy into action:** Keep busy. Make a TO DO list daily to allow you to check off items as you complete them giving you a sense of production and completion.
3. **Limit unhelpful media and news:** When you are constantly exposing yourself it can cause an increase in anxiety causing panic and fear.
4. **Make a daily routine:** Stay focused on the present; here and now, taking each day step by step. Get up get dressed and be productive in your day. You may want to include some mediation/prayer and/or exercise time.
5. **Take care of your body:** Make sure you are eating right, exercising, and getting enough sleep.
6. **Help other people:** This is an excellent way for you to forget about your anxiety and allow you to feel better about yourself.
7. **Write it down:** Many people journal their thoughts and feelings daily which will help you remove those worries and fears from your mind.
8. **Explore, Experience, Engage:** Take a walk, try a new recipe, or start a family game night.
9. **Enjoy the quiet:** Take time to sit on the porch and listen to nature. Read a book, write a song, or draw a picture.
10. **If you can't cope, seek professional advice:** Remind yourself it is OK to ask for help. It takes strength to recognize you need help.