

# Staying Compassionate and Resilient During COVID-19



## We are Here to Help

On behalf of Tri-City Mental Health, we value our community and community partners. We hope you find these wellness tips and resources helpful and assist you through these unprecedented times.

## Common Reactions

We understand that each individual may respond differently during these difficult circumstances, which may include:

- Difficulty coping contributing to an increase in anxiety or depression.
- Increased worry for loved ones who may be asked to social distance, isolate and/or quarantine for an unknown period of time.
- Increased difficulty in focusing and concentrating on daily task and activities.
- Increased self-isolation i.e. distancing from others, avoiding contact from family, friends and others via social media, phone, text etc.

## Practice Everyday Precautions

Here are a few ways to protect yourself, and others, from spreading the coronavirus:



Wash your hands with soap and water regularly for at least 20 seconds



Cough or sneeze into a tissue or your elbow



Avoid touching your face



Maintain a safe space and distance with each other



Stay at home if you can

## HELPFUL TIPS

### Coping and Managing Anxiety

To take care of your mental health and avoid experiencing more unwanted emotional distress, it is important to remain calm during this period of time. Below are some tips on how to manage your mental wellbeing during this period of social distancing, quarantine and isolation.

1. **Create a daily routine and maintain a healthy lifestyle.** Focus on self-care, make time to relax and engage in activities you enjoy. Eat well, get enough sleep, exercise and maintain healthy hygiene.
2. **Stay virtually connected with friends, family and colleagues** through social media, phone, text or video chatting. This can reduce anxiety, depression, boredom and isolation.
3. **Reach out to others who you know may be affected by the outbreak.** Helpful questions to ask:
  - How are you taking care of yourself?
  - How are you staying connected with your friends, family and colleagues?
  - Do you have the resources you need?
4. **Be sensitive to others** as discrimination and stigma have a detrimental effect on mental health. Avoid blaming individuals, groups or communities, or assume that someone may have the virus because of the way they may look or where they or their families come from.

# Community Resources

## Building Strength and Wellbeing through Community Partnerships

Our top priority at Tri-City Mental Health is the safety and wellbeing of community members in Pomona, La Verne and Claremont. We have prepared a list of resources to support individuals and their families during these difficult circumstances.

**Tri-City Mental Health is here to support individuals and families in Pomona, La Verne and Claremont**

### Community Resources

Contact our Navigator team at **(888) 436-3246** for linkage and referral to local resources including food, medical, legal, mental health, senior information and more. For additional resources outside of our 3 cities, please call **2-1-1**.

### Wellbeing Supportive Chat

**Are you practicing social isolation or quarantine and need someone to talk to?** Talk to one of our trained peer support staff and volunteers.

For non-emergency support, call our main line at **(909) 623-6131** Monday through Friday from 8:00am to 5:00pm and ask to be connected to Chris Anzalone.

### 24/7 Crisis Support Services

If you are experiencing emotional distress and are not receiving treatment services at Tri-City, call our Supplemental Crisis line at **(909) 623-6131** to speak to a licensed therapist.

### Free Support via Phone Applications

The following applications are free and available to support the wellbeing of you and your family.

#### Physical Wellbeing and Health

- 7-Minute Workout, Fooducate

#### Emotional Wellbeing and Relaxation

- Headspace, Happify, Mindshift, Hoopla

#### Financial Wellbeing

- DPSS Mobile, Keeper, Mint

### COVID-19 News and Information

Follow credible sources such as [www.coronavirus.gov/](http://www.coronavirus.gov/) and **LA County Department of Public Health** for accurate and timely information. Limiting how often you watch and listen to daily news coverage can help reduce anxiety and worry.

### Additional Crisis Support

**Crisis Text Line:** Text HOME to 741741

**National Suicide Prevention Hotline:** 1-800-273-8255

**SAMHSA National Helpline:** 1-800-662-HELP

**Domestic Violence:** If you are in an unsafe situation, call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3223 (TTY)

**Alcoholics Anonymous:** Online meetings available at <https://laaaonlinemeetings.org>

### Employment

Visit the **California Employment Development Department** at <https://edd.ca.gov> for information about employment rights during the coronavirus outbreak.

### Education

- **Spectrum** is offering free Wi-fi to assist children and families with distance learning. Call 1-844-488-8395 to enroll.
- Access free online educational resources such as **Scholastic Home Learning** and **Khan Academy** for students