



# CORONAVIRUS COVID-19

CHESTER COUNTY HEALTH DEPARTMENT

# BE INFORMED

LEARN THE FACTS, SHARE THE FACTS, STOP THE FEAR

## SUPPORT STRATEGIES

How to support yourself and others during social distancing, quarantine or isolation



### Connect With Others

Reach out to people you trust through phone, email, text, video chats, and social media.



### Support Your Immune System

Try to maintain a healthy lifestyle of eating regular meals, exercising, and getting 7-9 hours of sleep.



### Take a Break

Working or learning remotely is new to many, and can be draining. Remember it is okay to take a break and practice self-care.



### It's OKAY to Go Outside!



Being outside in nice weather is healthy. Practice social distancing and avoid areas where people gather. Enjoy the fresh air from your front porch, ride a bike, play with your kids, take a walk (at least 6 ft. away from others)



### Take News Breaks

Keeping up with the news can feel overwhelming. Tune out and watch or do something you enjoy.



### Listen to a Podcast

There are plenty of calming podcasts available to help you and your family unwind.



### Treat Yourself

Remember to practice self-care. Relax in a bubble bath, enjoy a long nap, and take time for yourself.



### Journal

Writing down your thoughts can help you de-stress and process feelings. You can also journal with bullets, lists, or drawings.



### Remember to Laugh

Laughter is one of the best medicines. Watch a comedy, scroll through memes, stream adorable puppy videos.

## When to Seek Help

If you experience symptoms of extreme stress such as trouble sleeping, inability to carry out daily activities, or using drugs and alcohol to cope, call your physician, or use one of the hotlines below.

## Resources for Help

Stress, anxiety, and other depression-like symptoms are common reactions to this current situation. If you're feeling overwhelmed or struggling to cope, reach out for help. There are confidential, free, 24-hour-a-day services available that will connect you to trained counselors.

**SAMHSA Disaster Distress Helpline:**

**1-800-985-5990**

**National Suicide Prevention Lifeline:**

**1-800-273-TALK (8255)**

**You can send text messages for support at your fingertips:**

Text "**TalkWithUs**" to **66746**

Text "**Home**" to **741-741**

**Online Recovery Resources**

**SAMHSA Virtual Recovery Resources**

**Alcoholics Anonymous**

**Narcotics Anonymous**

### Chester County

**Chester County's Warm Line at 1-866-846-2722.**

Certified Peer Specialists can provide support to individuals who struggle with mental and emotional challenges.

If you or someone you know is experiencing a mental health or emotional crisis, call **Valley Creek Crisis Center** at **610-280-3270**. It's open 24 hours a day, 7 days a week.

### Delaware County

**Delaware County Crisis Connection Team (DCCCT) Warm Line at 855-464-9342.** Certified Peer Specialists can provide support to individuals who struggle with mental and emotional challenges.

**DCCCT Mobile Crisis Service at 1-855-889-7827** is a trained crisis response team 24 hours a day, 7 days a week. They provide on-site mobile crisis assessment, intervention and/or referral services.