

# Where can I get help?

- DMH SC Mobile Crisis Number (CCRI Number): 833-364-2274
- SCDMH Deaf Services Hotline: VP 803-339-3339, E-mail: deafhotline@scdmh.org
- National Suicide Prevention Lifeline: 1-800-273-8255
- Veterans can call the Lifeline and then Press 1.
- Español: Call 1-888-628-9454
- Crisis Text Line with SC Code: Text HOPE4SC to 741741
- The Trevor Project: (866) 488-7386, or text START to 678678
- Domestic Violence hotline 1-800-799-SAFE
- Child Help National Child Abuse Hotline 1800 4-A- Child or 1800 422-4453



You may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

**Get immediate help in a crisis**  
**Call 911**

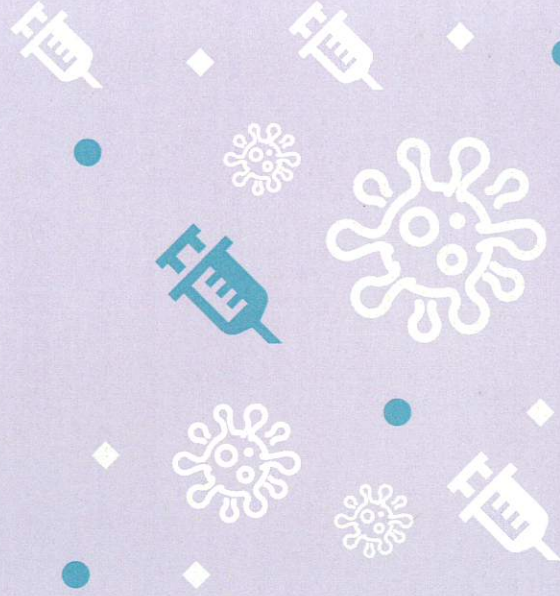
## Where can my family get help locally?

- Family Connections (800) 578-8750
- Harvest Hope Food Bank (803) 254-4432
- Federation of Families (803) 772-5210
- SC Thrive (800) 726-8774
- Power In Changing (803) 281-0013
- Restoration 803 (888) 970-2004
- American Red Cross (803) 251-6087
- Salvation Army (803) 765-0260
- Family Promise (803) 832-4765
- Homeless No More (803) 256-3999
- United Way (803) 733-5400
- Family Shelter (803) 771-7040
- Cooperative Ministries (803) 799-3853

Call your School Social Worker to assist you in finding resources that are needed for your family.  
803-231-6757



## Facing Isolation, Anxiety, a Sense of Loss During an Uncertain Time



Information to Support Students and Families Mental and Emotional Well-Being During COVID-19



Covid-19 has presented many challenges for all families. The information and tips provided in this brochure can help you and your family successfully navigate these difficult times.

## How do I maintain my Health & Wellness?

Keep a regular schedule parents: Create and maintain a routine and schedule. Set up a designated space for you and each family member to work and learn. Don't forget to include breaks for recharging in your schedule. The time may vary depending on your work schedule so activities can be adjusted.

Time	Activity
7:00am	Wake up, stretch (take care of kids/animals)
7:30am	Breakfast and family time (technology free!)
8:30am-12:00pm	Work and check on updates with small breaks every 30 minutes or so
12:00pm – 1:00pm	Lunch break, get fresh air, stretch & exercise
1:00pm – 5:00pm	Work with breaks every 30 minutes, check in with co-workers
5:00pm – 7:00pm	Dinner and screen break!
	Call a friend, family, or loved one
7:00pm – 9:00pm	Self-care time



## What to do if I feel scared or nervous about the Coronavirus?

### Take deep breaths!

- It's normal to be nervous about something that sounds harmful, but don't worry, adults that care about your well-being is always available to help.

### Ask questions!

- Whenever you want to know answers to questions, ask adults like your caregiver, your teacher, school counselor or nurse.

### Keep active!

- Exercise with your family, play a game with your friends, sing a song, draw a picture, listen to music and dance!



Always start with your school's support:

- School Administration
- School Counselor
- School Psychologist
- School Nurse
- School Social Worker

### At Home:

New free service for SC residents: anonymously take a Self-Check Questionnaire and connect with a counselor who can offer guidance, support, and resources to help connect you with mental health. Go to <https://hope.connectsyou.org> to get started! <https://www.panoramaed.com/blog/self-resources-for-educators-school-communities-and-parents-related-to-covid-19>

## What are some warning signs and symptoms that a family member or I may need to seek help from a doctor or mental health provider?

- depressive symptoms, such as loss of hope and thoughts of suicide or self-harm
- anxiety with high blood pressure, tense muscles, clammy hands, and dizziness, upset stomach, and trembling or shaking
- insomnia
- hallucinations
- extreme mood swings or unexplained outbursts
- panic attacks, which include chest pain, detachment from reality and self, extreme fear, and difficulty breathing
- paranoia, such as believing someone is watching you or stalking you
- flashbacks of a traumatic event, which can suggest undiagnosed post-traumatic stress avoiding social functions and engagements
- eating and sleeping poorly
- maintaining poor hygiene
- calling in sick to work for days or not showing up to work at all
- isolating yourself in your home

**If in immediate danger,**  
**call 911**

\*\* See back for more resources\*\*