



## Department of Behavioral Health

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March 17, 2020

### **Mental Health Tips During Social Distancing, Quarantine or Isolation**

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel anxiety, worry, or fear related to:

- Your own health status and the health status of others, including the experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease
- Time taken off from work and the potential loss of income and job security, including challenges of securing things you need, such as groceries and personal care items
- Uncertainty or frustration about how long you will need to remain in this situation, and uncertainty about the future
- Loneliness associated with feeling cut off from the world and from loved ones
- Anger if you think you were exposed to the disease because of others' negligence
- Boredom and frustration because you may not be able to work or engage in regular day-to-day activities
- Symptoms of depression, such as feelings of hopelessness, changes in appetite, or sleeping too little or too much

The good news is there are ways to support yourself during Social Distancing, Quarantine, and Isolation.

- Stay up to date on what is happening, while limiting your media exposure. Avoid watching or listening to news reports 24/7 since this tends to increase anxiety and worry. Remember that children are especially affected by what they hear and see on television. Look to credible sources for information on the infectious disease outbreak.
- Ensure you have what you need to feel safe, secure, and comfortable. Find out how you can arrange for groceries and toiletries to be delivered to your home as needed. Inform health care providers or health authorities of any needed medications and work with them to ensure that you continue to receive those medications.
- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate or pray, or engage in activities you enjoy.
- Pace yourself between stressful activities, and do something fun after a hard task.
- Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
- Maintain a sense of hope and positive thinking; consider keeping a journal where you write down things you are grateful for or that are going well.



If you or your loved ones experience symptoms of extreme stress—such as trouble sleeping, problems with eating too much or too little, inability to carry out routine daily activities, or using drugs or alcohol to cope—speak to a health care provider or call one of the hotlines listed

### **Behavioral Health Crisis and Access Line**

This line is staffed 24/7 days a week with trained counselors. If you or someone you care about is in a psychiatric crisis and needs immediate help, please call the Crisis Line at **800.334.6622**, or **530.891.2810**. If you already have an appointment scheduled at one of our clinics, please call this line first to learn about the options available to you.

### **SAMHSA’s Disaster Distress Helpline**

A national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call **1.800.985.5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor.

### **Suicide Prevention Lifeline**

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. You can call **800.273.TALK** (8255), chat online at [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org) or **text LISTEN to 741741**. If you are a Veteran, press 1 to be directed to the Veteran Crisis Line.

### **Friendship Line**

The only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. We also make on-going outreach calls to lonely older adults. Call **800.971.0016** to connect with a trained volunteer who specializes in offering a caring ear and having a friendly conversation with older adults.

### **The Trevor Project**

The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. Call **866.488.7386** or **text START to 678678**.

### **Northern Valley Talk Line**

Provides a free, consumer-run, peer-support telephone service that offers non-emergency, non-crisis support and referrals. The majority of calls pertain to problem solving, help with coping, and conflict management. Callers that are in crisis or that are at risk of harm to themselves or others are referred to crisis services. The Talk Line is staffed 4:30pm to 9:30pm / 7 days a week, call **855.582.5554**.

