

Behavioral Health tips and resources during COVID

CDC COVID Stress and Coping Everyone reacts differently to stressful situations. Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting. Gather information at regular intervals, from the CDC website and local health departments, in order to help you distinguish facts from rumors. Facts can help to minimize fears.
- Take care of your body. Take deep breaths, stretch, or [meditate](#). [Try to eat healthy, well-balanced meals](#), [exercise regularly](#), [get plenty of sleep](#), and [avoid alcohol](#) and [drugs](#).
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. [Call or check online first before going in!](#)

For Everyone

- [Coping with a Disaster or Traumatic Event](#)

For Families and Children

- [Helping Children Cope with Emergencies](#)
- [Coping After a Disaster](#) – A Ready Wrigley activity book for children age 3-10
- National Association of School Psychologist: [Helping Children Cope With Changes Resulting From COVID-19](#)

[Texas Panhandle Centers](#) (Local Mental Health Authority for upper 21 counties of Texas Panhandle)

- TPC's Screening Line: 806.337.1000
- In the event of a crisis, please call our 24/7 Crisis Hotline (806) 359-6699 (Amarillo Area) or 1-800-692-4039 (Toll Free).

Substance Abuse and Mental Health Services Administration's (SAMHSA's) [Disaster Distress Helpline](#) at 1-800-985-5990 or text **TalkWithUs to 66746**

[National Domestic Violence Hotline](#) at 1-800-799-7233 and TTY 1-800-787-3224

Outreach, Screening, Assessments and Referrals (OSAR) at TPC for Confidential alcohol and drug screenings and assessments, and referrals for state-funded treatment. Call (806) 349-5644

National Alliance on Mental Illness (NAMI)

[NAMI Texas Online Support Groups:](#)

- Family Support Group for family members of individuals living with a mental illness
- Connection Support Group for individuals living with a mental illness.

NAMI [COVID-19 Resource and Information Guide](#)