

COVID - 19

MENTAL HEALTH RESOURCES



We know that the COVID-19 virus may raise anxieties and cause stress on individuals and families in Polk County and Iowa. Below is a list of resources and tools to help individuals in each level of the mental health and disabilities triangle. The bottom tier, education and prevention, is where we can start educating ourselves on the virus, preventing ourselves from getting the virus, but also practicing self-care. The second tier is to help guide individuals when they are feeling more anxious or stressed about the effects of the virus and resources if you think you may have the virus. Finally, the third tier is if an individual feels as though they are in a crisis situation. If an individual is having thoughts of harming themselves or others, or is falling ill, these are the resources to best help them.

Self-Care Tips: Education & prevention during times of stress and uncertainty

Keeping yourself & your loved ones protected from the virus and free from stress isn't easy. In a time like this, it can be easy to be overwhelmed when seeing media coverage and worrying if you may contract COVID-19. Below is a list of ideas and resources as you navigate this situation.

- **Physical Health**

- Practice good hygiene, including handwashing, covering coughs and sneezes, and showering daily.
- Practice social distancing – this means staying at least 3-6 feet away from other individuals when out in public.
- Stay hydrated by drinking plenty of water or tea.
- Exercise and get your body moving. Walks outside or an at home workout are great ways to stay active.
- Get plenty of sleep. If your fears and anxieties are keeping you up at night, try meditating or reading before going to bed.
- Eat balanced meals, limit alcohol and caffeine intake
- Take your temperature frequently. If you have a fever of 100.4 or more, call your health care provider and they will guide you in the process of how to get help.

- **Emotional Health**

- Take a break from excessive media coverage. While it's important to be informed, it's not good to overwhelm yourself with constantly changing information.
- Connect with friends and family via social media, phone calls, and texts. It can be easy to feel isolated and alone when social distancing; staying in contact with others can help calm anxieties of feeling alone and isolated.
- Maintain a positive attitude by trying to find the silver linings in this time of crisis.

- **Intellectual Health**

- When feeling overwhelming anxiety, practice slow breathing and meditation.
- Journal and write down your fears and worries.
- Distract yourself with things like reading, baking, spring cleaning, or games with friends and family members.

- Accept that you can't control everything, but control what you can. Planning out your meals or exercising at a specific time each day are ways to help you feel in control.
- **Spiritual Health**
 - Practice meditation, prayer, relaxation, or mindfulness techniques.
- **Social Health**
 - Reach out to friends and family to talk about your fears; telling someone how you feel is instrumental in releasing emotions
 - Get involved in an online community. Find safe chat rooms to talk and counsel with others or join a community social media page.
 - Send an email or note to someone you've been meaning to reach out to.
- **Financial Health**
 - Review your budget and practice money-saving techniques.
 - Reach out to friends or family members for ideas or help with financials.
 - Contact your utility providers, cable and internet provider, and other companies from whom you get monthly bills to explain your situation and request alternative bill payment arrangements, as needed.

Support Intervention: What to do if you feel your anxiety increasing & you need mental health resources & supports

Behavioral health and early intervention supports are available to help individuals if they feel their stress and anxieties are increasing. If you feel your anxiety increasing and think you may need access to early intervention and supports, follow these steps below.

- **Get Connected to Supports**
 - Call 2-1-1 hotline to get connected to the right supports for you.
 - Reach out to the Polk County Critical Incident Stress Management Team at 515-954-0409
- **If you already have ongoing supports reach out to the following service coordination programs**
 - Broadlawns Community Access Program 515-282-6770
 - Community Support Advocates 515-883-1776
 - Eyerly Ball Mental Health Services 515-241-0982

Crisis Intervention: If you feel as though you are going to harm yourself or others, reach out to these resources or call 9-1-1 immediately

- **Crisis Intervention Services**
 - Polk County Mobile Crisis Response Team: 9-1-1
 - Suicide Prevention Lifeline: 1-800-273-TALK (8255)
 - The Trevor Project (for LGBTQ Youth): 1-866-488-7386 or text START to 678-678
 - The National Domestic Violence Hotline: 1-800-799-7233
 - Broadlawns Medical Center Crisis Line: 515-282-5752
 - Broadlawns Medical Center Psychiatric Urgent Care: 515-282-2200
 - Broadlawns Medical Center Crisis Observation Center: 515-282-5742