



Taking Care of Yourself

Feelings of worry, irritability and low mood are normal during an infectious disease pandemic, like COVID-19. The added stress can affect people even when they are not in an area greatly impacted by the disease or have little to no risk of getting sick. In times like these, it is important to be aware of how stress is affecting you and your loved ones.

What can you do to cope with stress?

Everyone experiences stress differently and it affect our bodies, thoughts and emotions. Healthy ways to deal with stress include:

- **Keeping your daily routine** even if it looks different for now. Focus on the simple things. Remember to eat, shower, sleep, play, etc.
- **Getting outside and into nature.** This could be as simple as watching a sunset, walking the dog or going for a hike. All of these things are possible to do while practicing social distancing.
- **Remembering to bring yourself back into the present when you are stuck worrying about what could happen.** Mindfulness tools, such as breathing, guided meditation or journaling about the things you are grateful for are all ways to think about the present

What should you do if the stress becomes overwhelming?

If you are experiencing intense signs of stress for several days or even weeks, schedule an appointment with a mental health professional. You can get help by calling the Pit River Health Service or Shasta County Mental Health. If you or someone you know threatens to hurt themselves or others, talks or writes about death, dying or suicide, call 911 or use the Suicide Prevention Lifeline.

Local Resources

Remember to practice social distancing and call first before visiting a clinic.

- **Shasta County Mental Health Access: 24-hours a day**, call **(530) 225-5252** or **(888) 385-5201** between hours of **8am to 5 pm Monday through Friday**.
- **Hill Country C.A.R.E. Center:** Urgent outpatient mental health services 365 days a year. Drop in during clinic hours or call **(530) 691-4446**. **Hours: Noon –9pm Monday through Friday and**

- ***Burney Health Center Outpatient*** and crisis mental health services for people living in eastern Shasta County. Call **(530) 335-5457** between the hours of 7 AM - 7 PM Monday through Thursday and 7 AM - 5 PM on Fridays.
- ***Emergency:*** 9-1-1
- ***Non Emergency Crisis Support:*** Hill Country Mobile Crisis Team (530) 238-7133
- ***Shasta County Mental Health Access*** - (530) 225-5252 24-hours toll free (888) 385-5201 California Relay Service 7-1-1
- ***Patient's Rights Advocate:*** (530) 225-5506 **Shasta Regional Medical Center** : (530) 244-5400
- ***Mercy Medical Center:*** (530) 225-6000
- ***Mayers Memorial Hospital*** (530) 336-5511
- ***National Suicide Prevention Lifeline:*** 1 (800) 273-8255

More Shasta County mental health resources can be found by calling **2-1-1** or online at **211norcal.org/shasta**.

Other helpful resources:

EDD Information for people who are laid off, sick, or caring for family members

- ***SAMHSA's Disaster Distress Line:*** **1-800-985-5990** or text **TalkWithUs** to **66746** to connect with a trained crisis counselor.
- ***Teen Line:*** **310-855-HOPE** or **800-TLC-TEEN** (nationwide toll-free) from 6 PM to 10 PM PST or Text **"TEEN"** to **839863** between 6 PM - 9 PM PST for teen-to-teen education and support.
- ***The Peer-Run Warm Line:*** **855-845-7415** for peer-run non-emergency emotional support.

CDC: [Mental Health & Coping During COVID-19](#)

CDC: [Stigma and Resilience During COVID-19](#)

CDC: [Helping Children Cope with Emergencies](#)

SAMHSA: [Coping with Stress During Infectious Disease Outbreaks](#)

SAMHSA: [Taking Care of Your Behavioral Health: Social Distancing](#)

Psychology Today: [Controlling Coronavirus Anxiety](#)