

# Southwest Counseling and Sweetwater County Prevention Offer Resources to Keep You Healthy & Happy

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**With the hype of COVID-19, it is normal to feel stress, anxiety, grief, or worry.**

Everyone is unique and reacts in different ways. *Taking care of yourself both physically and mentally at this time is crucial.*

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Focusing on our self-care during this time can promote long-term healing.

***Here are some tips from the CDC on how to cope with a traumatic event:***

1. Take care of your body by eating healthy well-balanced meals, exercising, and getting plenty of sleep. Avoid using alcohol, tobacco, and other substances.
2. Connect with others whether it be through video calls, phone calls, or online. Express your concerns and how you are feeling with your support system.
3. Stay informed on information from credible sources.

4. Be mindful of your screen time usage. Unplug from social media and other media outlets to go on a walk or to do other self-care strategies.
5. Seek help when needed.

**Here are some numbers to text or call:**

- Southwest Counseling Service's 24/7 Crisis Line: **(307) 352-6677**
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Hotline: **(800) 985-5990** or text **TalkWithUs to 66746**.
- National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org>, 1-800-273-TALK (8255), **TEXT TALK to 741741**

**Here are some apps that can be downloaded on an iPhone or Android Store to help with self-care:**

- Mindshift
- Happily
- The Worry Box
- Virtual Hope Box
- Stop, Breathe & Think
- The Trevor Project
- Headspace
- Take a Break

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**OTHER RESOURCES FROM THE CDC CAN BE ACCESSED BELOW:**

Helping children cope: <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

Coping with traumatic

events: <https://tools.cdc.gov/medialibrary/index.aspx#/media/id/302245>

Coping with quarantine and isolation: <https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894>

References: <https://emergency.cdc.gov/coping/selfcare.asp>

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