Mental Health Tips for Coronavirus COVID-19

Keep a routine
As much as possible, stick to routines that worked for you before.
- Make a schedule together with your family.
- Make sure to schedule healthy meals.
- Include time outside for a walk or hike. Keep 6 feet apart from others.

Stay Connected
Call or video chat with at least one person every day.
- Say, "Hi" to neighbors.
- Join an online group or meeting. Many groups have meetings that are easy to join from a computer or smart phone.
- Read the Mental Health Resource List (other side) and call or check a website for more information.

Relax
It is common to worry about your health, family and money. Worrying constantly will not make anything better.
- Give yourself permission to take a break.

Keep Balance
Balance your time keeping up with the news with activities that calm you.
- Try to leave the phone at home or on silent for a few minutes.
- Take a walk or sit outside and just breathe. Small adjustments can go a long way to greater peace and calm.

Have Fun
Laughter is good medicine! The situation is very serious, but finding humor along the way will improve your mood.
- "Movie therapy," especially a good comedy, can leave you feeling a little lighter.
- Turn up music and dance or sing.

For more information call 2-1-1.
County of Santa Cruz Mental Health Resources

Santa Cruz Behavioral Health
Crisis Stabilization Program
24-Hour Hotline: 831-600-2800
2250 Soquel Drive, Santa Cruz
24-hour emergency response for people experiencing a mental health crisis. Anyone can call directly. They do not need to talk with a doctor first.

County of Santa Cruz Behavioral Health
24-Hour Hotline: 800-952-2335
For anyone interested in behavioral health services. A clinician can talk to you about a variety of options available in Santa Cruz County.

National Alliance on Mental Illness (NAMI)
namiscc.org
Help Line: 831-427-8020 x 7
Español: 831-205-7074
Administrative Office: (831) 824-0406
Information for consumers and their family members.

Psychology Today
psychologytoday.com
Many therapists now offer computer or phone appointments.

California Peer Run Hotline
1-855-845-7415
This Peer-Run Hotline provides non-emergency resources for anyone in California seeking emotional support.

Suicide Prevention Crisis Line
for Santa Cruz, San Benito, & Monterey counties:
24-hour Hotline: 1-877-663-5433, 1-877-ONE-LIFE
24-hour National Hotline: 1-800-273-8255

2-1-1
24-hour help line: Dial 2-1-1
Text your zip code to: 898-211
For Coronavirus information, text "COVID19" to 211211
211santacruzcounty.org
Free service to connect people with health information and social services.

Santa Cruz County Senior Network Services
831-462-1433
Recovery Groups
12-Step groups like AA, NA, Al-Anon and others have set up online and phone groups. Check on each program’s website for more detail, or call 2-1-1.

Smart Recovery
SmartRecovery.org
Science-based recovery, online groups and support.

Refuge Recovery
RefugeRecovery.org
Mindfulness-based online groups and support.

Spiritual/Religious
Many faith-based communities (churches, synagogues, temples, etc.) now have online worship, meditation or spiritual practice. Call or check their websites for more information.