

Emotional Health Support

The coronavirus (COVID-19) has caused major changes in our lives. You may feel stressed, nervous, sad, bored, upset, or lonely. You are not alone.

Some tips for handling your stress:

- Take breaks from watching or reading the news
- Stay in touch with supportive people in your life by phone, text or online groups
- Take care of your body by eating healthy foods, exercising and getting sleep
- Try not to drink more than 2 alcoholic drinks a day
- Call for help over the phone if your emotions make it hard for you to do the things you normally do.

Hotlines if you need to talk with someone

Local Suicide Prevention: **415-781-0500**

National 24/7 Lifelines: Suicide Prevention **1-800-273-8255** or text 838255

If you are being hurt by someone you live with: Domestic Violence **1-800-799-7233**

The Mental Health Association of San Francisco offers a peer-run 24/7 support line at **1-855-845-7415** or online chat at: <https://www.mentalhealthsf.org/>

For a mental health appointment

Members can now use the phone or make video calls to reach therapy sessions and get help with medications from a psychiatrist when those services are needed.

- 24-Hour Behavioral Health Access Helpline **(415) 255-3737** TDD **(888) 484-7200**.
- Beacon Health Options **1(855) 371-8117**

If you would like help because you are drinking too much or using drugs call:

- Treatment Access Program **1(800)750-2727**

More resources for handling your stress

Our partner, Beacon has tips on how to care for yourself and your family during the coronavirus pandemic: <https://www.beaconhealthoptions.com/coronavirus/member-resources/>

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Mental Health Resources

SAMHSA (Substance Abuse and Mental Health Services Administration) tips on handling your mental health:

Coping with stress: <https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4885.pdf>

Talking with children about COVID-19:

https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-01-006-508.pdf