COPING WITH STRESS WHILE SOCIAL DISTANCING

WHAT YOU CAN DO TO HELP COPE WITH EMOTIONAL DISTRESS

Keep contact with family and friends through social messaging or through phone calls.
• Join community and/or faith group online chat groups.
• Accept help from family, friends, co-workers and clergy.
• Reach out to neighbors and friends with special needs who may need your help.

Connect with Your Community online or through the phone
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Reach Out and Help while maintaining necessary social distancing guidelines
• If you know someone affected by the outbreak, call them to see how they are doing, and remember to keep their confidentiality.
• Consider an act of kindness for those who have been asked to practice social distancing, such as having a meal delivered.

Be Informed and Inform Your Family
• Become familiar with local medical and mental health resources in your community.
• Avoid sharing unconfirmed news about the infectious disease to avoid creating unnecessary fear and panic.
• Give honest age-appropriate information to children and remember to stay calm; children often feel what you feel.

Be Sensitive
• Avoid blaming anyone or assuming someone has the disease because of the way they look or where they or their families come from.
• An infectious disease is not connected to any racial or ethnic group; speak up in kindness when you hear false rumors or negative stereotypes that foster racism and xenophobia.

Manage Your Stress
• Stay informed. Refer to credible sources for updates on the local situation.
• Stay focused on your personal strengths.
• Maintain a routine.
• Make time to relax and rest.

Los Angeles County Department of Mental Health
Access Center 24/7 Helpline
(800) 854-7771
(562) 651-2549 TDD/TTY
https://dmh.lacounty.gov

Los Angeles County Department of Public Health:
http://publichealth.lacounty.gov/media/Coronavirus/
or call 2-1-1 for more information

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