



Protecting Our Mental Health During Times of Crisis

In times of uncertainty, engaging in self care activities can greatly protect and strengthen your emotional wellbeing. We have listed suggestions below to help you:

Exercise is not just good for your physical health! Activities such as yoga, walking, biking, or online workouts can improve your mental health. Physical activity may help to reduce stress, anxiety and improve your mood.



Social activity. Although we need to refrain from physically engaging with friends or family, we can stay connected virtually! You can host a chat party with friends or family with the help of online sites such as snapchat, zoom or skype.



Eating habits. Changes in eating habits or lack of nutrient rich food can lead to feeling sluggish and tired. Seeking healthy snack options such as fruits, and veggies and drinking plenty of water throughout the day can help sustain your mind and body.



Online mental health support. Seeking additional support during times of high stress and uncertainty is vital in protecting your mental wellbeing. Support such as the SAMHSA Disaster Distress Line: 1-800-985-5990 (or text TalkWithUS to 66746), is available to anyone feeling overwhelmed.



A good night's sleep. 7-8 hours of sleep is vital for increased physical and mental health. Diminishing screen time, and maintaining a consistent bed time will help you gain more restful sleep.



Practice mindfulness. The practice of pausing, breathing, and just “being” is essential to your well-being and mental health, helping to reduce stress, worry less and enhance feelings of resilience.



For more information or resources please visit Each Mind Matters website at:

<https://www.eachmindmatters.org/>

COVID-19 Resource List

The TSAPP Team would like to encourage you to follow best practice guidelines for reducing risk of exposure to COVID-19. This includes staying home as much as possible, practice social distancing (minimum of 6 feet apart), and covering your mouth and nose while out in public.

We have also included a list of resources to help you access information during this difficult time. Please visit <https://www.rivcoph.org/> for up to date local news and guidance.

General Coronavirus information: 211 or (800-464-1123)

Mental Health Services

- ◆ **Suicide Prevention Hotline:**
800-273-8255 or text 741741
- ◆ **Operation SafeHouse 24hrs:**
951-351-4418
- ◆ **Rainbow Pride Youth Alliance (LGBTQ) Social Support:**
951-435-1564
- ◆ **HELPLine Riverside County 24hrs:**
951- 686-4357
- ◆ **California Youth Crisis Line 24hrs:**
1-800-843-5200
- ◆ **Riverside County CARES Line**
800-706-7500

Support Services

- ◆ **Unemployment Information:**
800-300-5616
- ◆ **Food services for adults 60 and over:** 951-867-3800
- ◆ **Temporary shelter for homeless individuals and families:**
800-498-8847
- ◆ **Child Support Services:**
866-901-3212
- ◆ **Department of Social Services (DPSS):** 877-410-8827
 - CalFresh
 - CalWorks
 - Medi-Cal