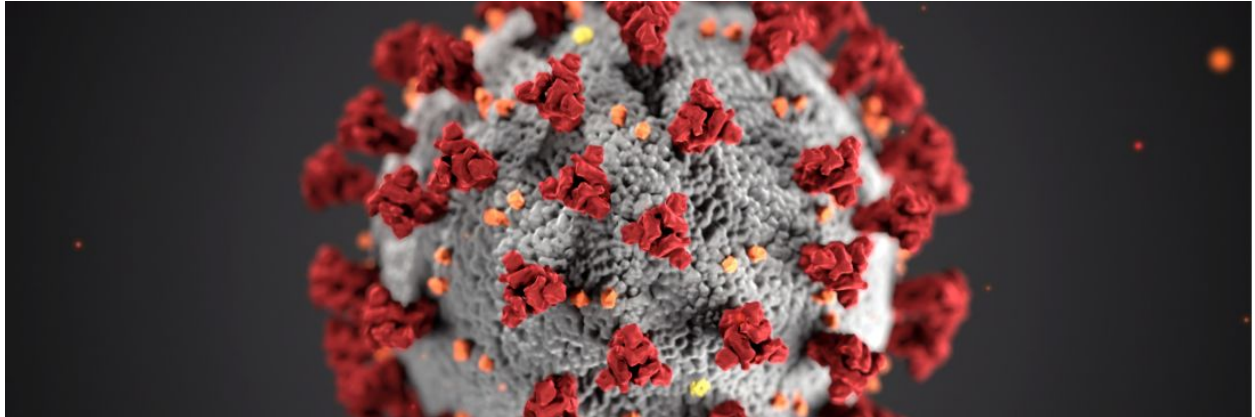


COVID-19 Information & Resources



COVID-19 and Mental Health:

[Telehealth Services](#) -

Southside Behavioral Health is currently offering telehealth psychiatric services for individuals who are at risk or who need assistance. These services include case management, outpatient services, and admissions. Please call 1-833-272-2778 for more information.

[Talk Saves Lives](#) -

This one hour online training offered through the Southside Behavioral Health Prevention Department covers the most up-to-date research on prevention and what we can all do to fight suicide during this time of increased emotional stress. For more information email Kenan at ksmith@sscsb.org.

[10 Coronavirus Coping Strategies](#) -

Southside Behavioral Health understands that this is an additionally stressful time, especially for individuals with underlying conditions. Here are 10 coping strategies that might make things a little easier.

[14 Ways to Have Fun During the COVID-19 Outbreak](#) -



Southside Behavioral Health knows that sometimes the best way to cope is to give your mind a break from the stress. Here are 14 fun activities to do at home during the COVID-19 outbreak.

[Coping with COVID-19](#) -

This fun, printable map from the *Virginia Department of Behavioral Health and Developmental Services* is a great way to remind yourself how to stay calm and in control during the coronavirus outbreak.

[When Home Becomes The Workplace: Mental Health and Remote Work](#) -

Garen Staglin, co-founder and chairman of *One Mind at Work*, gives some advice on how to stay positive and productive while working from home.

COVID-19 Emergency Services:

[Emergency Services](#) -

Southside Behavioral Health is still engaging in direct, face-to-face, critical services in our community every day. These services include: crisis response, primary care referrals, medication management, homelessness service outreach, and residential treatment services. Please call 1-833-377-7272.

[Disaster Distress Helpline](#) -

This helpline provides crisis counseling and support to individuals experiencing emotional distress to natural or human-caused events. It is toll-free, multilingual, confidential, and available 24/7, 365 days a year.

[The Trevor Project](#) -

LGBTQ youth may be at increased risk for emotional stress caused by the COVID-19 outbreak. The *Trevor Project* offers safe and judgement free support with trained counselors 24/7 for young adults in distress.

[National Domestic Violence Hotline](#) -

This hotline is for victims or survivors in need of support. If unable to speak safely, individuals can log onto hotline.org or text "LOVE" to 22522.

[National Sexual Assault Hotline](#) -



Call 800-656-HOPE to connect with trained, confidential support from a service provider in your area. They will listen to what happened, help you find support, and can even offer legal advice concerning your situation.

COVID-19 Financial Support:

[COVID-19 Ancillary Costs](#) -

The *HealthWell Foundation* is distributing reimbursement grants to help provide assistance for delivered food, medication, telehealth copays, and transportation costs to at-risk or quarantined individuals.

[The CARES ACT](#)-

The *Coronavirus Aid, Relief, and Economic Security (CARES) Act* was passed by Congress on March 27th, 2020. This Act is meant to provide direct economic assistance for individuals, families, and small businesses.

[2-1-1](#) -

This service offered by *United Way* is aimed at helping at-risk individuals find food, pay housing bills, and access other essentials.

COVID-19 General Information

[COVID-19 in Virginia](#) -

The Virginia Department of Health updates their COVID-19 information page with local statistics and figures every morning before 10:00 AM.

[CDC](#) -

The CDC COVID-19 information center offers up-to-date information on the best way to protect yourself and what to do if you are sick. They also give reliable information and data on cases within the United States.