

# COVID-19 EMOTIONAL SUPPORT MONTH



SETA's Wellness & Safety Awareness  
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**It's okay to not feel okay.  
It's okay to need to talk.  
You're not alone.**

The coronavirus (COVID-19) outbreak is changing life for all of us. You may feel anxious, stressed, worried, sad, bored, depressed, lonely or frustrated in these circumstances. The topic for this month will be dedicated to COVID-19 Emotional Support Awareness for you and your family.



# MANAGING STRESS

## USE THESE STRATEGIES FOR MANAGING STRESS:

- Pause during uncertain times but don't panic.
- Identify your stressors.
- Recognize how you deal with stress related to current events and situations.
- Turn these challenging times into opportunities for real growth and change.
- Express gratitude.
- Be compassionate to yourself and others.
- Listen to music.
- Reach out for support (social network, financial, spiritual and professional).
- Be mindful of your intake of information from news sources about the virus, and consider taking breaks from it.
- Call your health provider if your anxiety interferes with your daily activities.
- Call /Contact SETA's Employee Assistance Plan (EAP).



Learn about additional strategies to [manage your stress for health](#)

(MHN, 2018) (State of CA, 2020)



# COPING WITH GRIEF

GRIEF AND LOSS TAKE ON MANY DIFFERENT FORMS IN THE WAKE OF THE PANDEMIC. PROTECTING LOVED ONES, CANCELING IMPORTANT EVENTS, AND DEALING WITH THE UNCERTAIN FUTURE, IS A LOT TO HANDLE. EXPLORE THE RESOURCES BELOW TO HELP LIFT THE WEIGHT OFF YOUR SHOULDERS.



- **Stay healthy:** avoid junk food and eat a balanced diet.
- **Laugh:** The gift of laughter is great for your central nervous system and helps to cope with life.
- **Get enough sleep.**
- **Do something you find relaxing:** reading, exercise, or cooking
- **Join a support group.**
- **Write in a journal.**
- **Maintain social contact with supportive relationships like friends, family or others by phone, text, or internet.**
- **Get a good night's sleep.**
- **Meditate.**

(Alliant, 2020), (MHN, 2019), (State of CA, 2020)





# HOTLINES IF YOU NEED TO TALK WITH SOMEONE

## **SUICIDE PREVENTION**

There seems to be no getting away from the coronavirus disease 2019 (COVID-19) pandemic. Unfortunately, the damage may be more far-reaching than anyone realizes, especially in terms of suicide risk.

Since COVID-19, numerous suicides have been reported, primarily among front-line health workers, people awaiting test results, and those affected by coronavirus-related bankruptcy. (Vitelli, 2020)

Finding real solutions won't be easy, especially as the coronavirus pandemic drags on. Even with video conferencing and social media to help people avoid feeling isolated, enhanced suicide prevention services will still be needed along with public education to ensure that people in crisis are aware of what resources are available to them.

## **DOMESTIC VIOLENCE**

One out of three women in the world experience physical or sexual violence in their lifetime, according to [the World Health Organization](#).

The current crisis also makes it more difficult for victims to seek help. Meanwhile, domestic violence organizations like the National Domestic Violence Hotline are developing new strategies to support victims under lockdown. (Godin, 2020)

**IF YOU ARE FEELING OVERWHELMED WITH SADNESS, DEPRESSION, OR ANXIETY, OR FEEL LIKE YOU WANT TO HARM YOURSELF OR OTHERS, CALL THE NATIONAL SUICIDE HOTLINE AT 800-273-8255.**

**Call 911 if you or the person you are caring for is in immediate danger.**

**24-HOUR SUICIDE PREVENTION LIFELINE:**

**800-273-8255 or text 838255**

**24-HOUR DOMESTIC VIOLENCE HOTLINE:**

**800-799-7233**

Talking to someone is the first step towards help...

# ADDITIONAL RESOURCES



## THERE ARE ADDITIONAL RESOURCES AVAILABLE IF YOU ARE IN CRISIS:

- **SETA's Employee Assistance Program (EAP):** Call 800-227-1060 (TTY 711) for 24/7 support, or <https://www.mhn.com/members.html> Company Code: cityofsacramento. With your EAP plan, you are entitled to up to five (5) free confidential face-to face, or telephonic or web-video consultations per incident, per calendar year.
- **Disaster Distress Helpline:** Call [800-985-5990](tel:800-985-5990) (TTY [800-846-8517](tel:800-846-8517)) or text TalkWithUs to [66746](tel:66746) for 24/7 support.
- **Crisis Text Line:** Text HOME to [741741](tel:741741) for 24/7 crisis support.
- **California Suicide & Crisis Hotlines:** Find phone numbers and links to all the suicide and crisis hotlines by county in California.
- **CalHOPE Peer-Run Warm Line:** Call [833-317-HOPE](tel:833-317-HOPE) (4673) Monday – Friday from 7am – 11pm for COVID-19 specific non-emergency support.
- **California Warm Peer Line:** Call [855-845-7415](tel:855-845-7415) for 24/7 non-emergency support to talk to a peer counselor with lived experience.
- Adults & Isolation During COVID-19:  
<https://mhanational.org/events/older-adults-isolation-during-covid-19>
- Online Anxiety & Depression Support Group  
<https://healthunlocked.com/anxiety-depression-support?popup=1>



**For additional information, please visit:**

<https://covid19.ca.gov/resources-for-emotional-support-and-well-being/#top>





# MEDICAL CARRIER RESOURCES

## 1. Sutter Health

- a. Building Healthy Habits eClass – 3 sessions – open to the public
  - i. <https://www.sutterhealth.org/classes-events/series/building-healthy-habits-3-sessions-4326>
- b. Sutter Health Article - [Four Health Numbers You Should Know](#): Learn the four basic numbers you should know to assess your health.
- c. Attachment:
  - i. Stress Busters: Heart Healthy Information: Master new techniques to help you cope during stressful times.

## 2. Western Health Advantage – CommunityFit Program - See attached flyer for more details

- a. Classes offered every Tuesday & Thursday
- b. June 30th through September 17th
- c. All classes go from 12:15 – 12:45 pm
- d. MoveLab class on Tuesday
- e. Yoga class on Thursday
- f. All employees can participate in this, not just WHA members.
- g. Must sign waiver and send it to WHA contact before participating.

## 3. Kaiser

- a. KP Live Well articles - <https://thrive.kaiserpermanente.org/thrive-together/live-well>
- b. ClassPass discount – <https://kp.org/exercise> (for KP members only)
- c. Calm app and MyStrength app - <https://kp.org/selfcareapps> (for KP members only)

## 4. Work of Art Online Challenge – Sponsored by the County of Sacramento- COMING SOON!

- a. This is a really nice emotional well-being program for the times we are living in right now.
- b. Registration starts August 3.
- c. Program runs from August 17 – September 27.
- d. An email will be sent the first week in August with more information about the challenge.

# SUPPORTING YOU

Building resilience and developing habits to obtain and maintain a higher level of physical health and well-being will help you continue to operate with empathy and compassion. Whether you need additional resources for yourself or help in creating a path to better health and emotional stamina during this time, SETA is here to support you.



## References

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