

## **Mental Health Resources**

### **Emergency Medical Services**

**Call 911** if you have an immediate, life-threatening emergency

### **NAMI: National Alliance on Mental Illness**

Illinois lists of hotlines, including their Information line: <https://namiillinois.org/crisis-info/>

**Helpline: 1-800-950-6264**

NAMI's COVID Guide: <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>

### **SAMHSA: Substance Abuse and Mental Health Services Administration**

**Helpline: 1-800-662-HELP**

<https://www.samhsa.gov/find-help/national-helpline>

Treatment referral and information, 24/7.

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

### **National Suicide Prevention**

**Helpline: 1-800-273-8255**

<https://suicidepreventionlifeline.org/>

Free and confidential support for people in distress, 24/7.

### **Disaster Distress**

**Helpline: 1-800-985-5990**

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster.

\*Call **1-800-985-5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor.

### **Veterans Crisis**

**Helpline: 1-800-273-8255**

[https://www.mentalhealth.va.gov/suicide\\_prevention/veterans-crisis-line.asp](https://www.mentalhealth.va.gov/suicide_prevention/veterans-crisis-line.asp)

Specially trained responders ready to help you, 24 hours a day, 7 days a week, 365 days a year. The Veterans Crisis Line connects Service members and Veterans in crisis, as well as their family members and friends, with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text-messaging service.

\*Send a text message to **838255** to connect with a VA responder.

Self-Care:

From PBS for teachers, but has some great general tips:

<https://www.pbs.org/education/blog/staying-calm-during-crisis-5-tips-for-self-care>

CDC's advice for self-care during this time: <https://emergency.cdc.gov/coping/selfcare.asp>

From Johns Hopkins University: <https://hub.jhu.edu/2020/03/26/self-care-coronavirus-tips/>

Tips for Patrons & Librarians On Mindfulness During Pandemic provided by Octavia.

When thinking of Mindfulness what possibly comes to one's mind are utilizing your 5 senses and being aware of those senses by what you see, hear, smell, touch/feel, and taste. Senses can be possibly having a positive or negative effect on our mental and physical state.

Specifically, at this time it is highly important to practice mindfulness pertaining to cleanliness and for yourself as in self-care. This can be a very stressful and even depressing time because we're adapting to working from home for 2 – 3 weeks and some of us may not be able to get outside much because of our immune system due to COVID-19.

Ways to Practice Mindfulness (Positive, Motivating, & Encouraging)

- Sitting in silence
- Meditation
- Healthy Eating
- Stretch (Yoga or Pilates)
- Exercise
- Being out in nature
- Dancing
- Prayer
- Read meaningful or inspirational books
- Download a mindfulness app, Calm is a free app
- Listen to uplifting or inspirational music or relaxing
- Be around people who think and speak positively
- Be around those who have great energy
- Arts & crafts are therapeutic
- Touching animals with fur can be calming
- Be a little more cautious when thinking before speaking to others

It's essential to take care of our mind, body, and soul! We all should take action to practice Mindfulness to be at peace, stress free, and be rejuvenated and refreshed individuals!

- Definitions of Mindfulness from "Mindfulness Training as a Clinical Intervention: A Conceptual and Empirical Review"
- "Bringing one's complete attention to the present experience on a moment- to – moment basis" (Baer, 2003, p. 125)

- Paying attention in a specific way as on purpose, in the current moment, and not being judgmental. (Baer, 2003, p. 125)
- The ability to direct an individual's attention in this form can be grown through the practice of meditation, meaning self-regulation of attention from moment to moment" (Baer, 2003, p. 125)