

# The *Focus* is Mental Health

- MENTAL HEALTH STRATEGIES
- MENTAL HEALTH RESOURCES FOR PARENTS
- COVID-19 BILL ASSISTANCE FOR FAMILIES

**“The best way out is  
always through.”**

**-Robert Frost POET**

## Mental Health Strategies

The outbreak of coronavirus disease 2019 (COVID-19) may bring stress, anxiety, and fear. Information regarding the disease can be overwhelming and cause strong emotions in adults and children. Good coping skills can assist with your stress, build resiliency and can help the people you care about, and make your community stronger.

To reduce anxiety, it is recommended to limit exposure to coronavirus news to no more than 30 minutes per day. If this is not possible, take breaks from watching, reading, or listening to news stories, including social media (2). Hearing about the pandemic repeatedly can be upsetting. Be sure to get your information from a trusted source and stay with the facts. When you are sharing accurate information about COVID-19, you can help make people feel less stressed and this will allow you to connect with them (3).

Being aware of the care of your body, mind, and soul can be essential during stressful times. Try to eat healthy, well-balanced meals, exercise regularly, stay hydrated, and get plenty of sleep (3). Keeping your immune system strong is important to reduce the risk of getting sick with other illnesses (we're still in cold and flu season) and to help manage stress (4).

Take deep breaths, stretch, or meditate. Do something that makes you happy. Make time to unwind and remind yourself that strong feelings will fade. Giving and getting affirmations can bring positivity and hope to our daily routine.

Build healthy emotionally supportive relationships with loved ones, family and friends. Touch base through your

usual daily activities; if that doesn't include in-person get-togethers, try phone calls or video chats. Keep in mind that everyone is going through this now. With all of us in essentially the same situation, you can achieve a sense of “we'll figure this out together.” This mindset can be empowering and uplifting (4).

Keep to your routine as best you can, while following the guidelines provided by the CDC, state and local health departments, and your local hospitals. Routines can be soothing because they are familiar.

Look out for these common signs of distress and seek help when needed: Feelings of numbness, disbelief, anxiety or fear. Changes in appetite, energy, and activity levels. Difficulty concentrating. Difficulty sleeping or nightmares and upsetting thoughts and images. Physical reactions, such as headaches, body pains, stomach problems, and skin rashes. Worsening of chronic health problems. Anger or short temper. Increased use of alcohol, tobacco, or other drugs (1). If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor, or contact the SAMHSA helpline at **1-800-985-5990**.



# Mental Health Resources for Parents

[How to Manage Your Coronavirus Anxiety, Wall Street Journal](#) Debra Kissen, PhD, MHSA and Shane Owens, PhD, ABPP

## Blogs:

- [Panic Sells, Calm Saves - ADAA Blog Post](#) - ADAA member Dr. Shane Owens
- [Health Anxiety: What Is It and How to Beat It](#) - ADAA Blog Post - ADAA board member Ken Goodman, LCSW
- [COVID-19 Lockdown Guide: How to Manage Anxiety and Isolation During Quarantine](#) - ADAA Blog Post, Aarti Gupta, PsyD

## Videos and Webinars:

- [Quick Expert Tips and Strategies to Manage Coronavirus Anxiety](#) - ADAA 5 minute Video - ADAA member Dr. Debra Kissen
- [Quick Expert Tips to Manage Coronavirus Anxiety Part Two](#) - ADAA video - ADAA members Ken Goodman, LCSW, Drs. Debra Kissen, Reid Wilson, and Sally Winston share expert tips to manage coronavirus anxiety.
- [Sanvello](#)-This is a website that people can go to in order to seek help through peer support, coaching and therapy. They are offering free access during the pandemic.  
<https://www.sanvello.com/>

## Addressing Coronavirus Anxiety:

- [What Coronavirus Fears are Doing to People with Anxiety Disorders](#) - Ken Goodman, LCSW, Dr. Krystal Lewis and Dr. Shane Owens
- [Coronavirus Anxiety Reports up, Doctors say; Encourage Public to Stay Calm, Keep Perspective on COVID-19](#), ABC7.com, Karen Cassiday, PhD and Debra Kissen, PhD

## Additional Media Articles:

- [Pandemic Panic? These 5 Tips Can Help You Regain Your Calm](#)
- [How to Manage Your Anxiety About Coronavirus](#), Time.
- [As Fear of Coronavirus Spreads, Here's How to Keep a Cool Head](#), Vogue.com
- [Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks](#) - APA
- [Working Remotely During COVID-19: Your Mental Health and Well-being](#) -APA Foundation's Center for Workplace Mental Health, CWMH
- [Taking Care of Family Well-Being](#) -National Child Traumatic Stress Network, NCTSN
- [Supporting Homebound Children During COVID-19](#) -CSTS
- [Supporting Your Family During Quarantine or Isolation: Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreak](#) -SAMHSA
- [Stay Mentally Healthy During COVID-19](#): Arizona Public Health Association



AZPHA-Stay Mentally Healthy During

- ***American Psychological Association:*** Finding local mental health resources during the COVID-19 crisis  
<https://www.apa.org/topics/covid-19/local-mental-health>
- **Stress and Coping COVID-19- CDC**  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

- **WEBMD HEALTH NEWS Mental Health and Emerging Crisis of COVID Pandemic**  
<https://www.webmd.com/lung/news/20200508/mental-health-emerging-crisis-of-covid-pandemic>

### Direct Support:

- Maricopa County AZ Warmline (602) 347-1100 (520) 770-9909 or (877) 770-9912 available 24/7; Tucson AZ Warmline (844) 733-9912 available daily, 8am-10pm
- Contact the SAMHSA Disaster Distress Helpline (800) 985- 5990 that provides 24/7, 365-day-a- year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
- Call the NAMI (National Alliance on Mental Illness) HelpLine at 800-950-NAMI (6264) Monday through Friday, between 10:00 am and 6:00 pm EST for mental health resources.
- <http://www.211.org> allows you to conduct a zip-code-based search for local resources including affordable medical and mental health clinics. You can also dial 211 from your phone to access information on local resources.
- National Association of Free & Charitable Clinics <https://www.nafcclinics.org/> is a safety-net health care organization that utilizes a volunteer/staff model to provide a range of medical, dental, pharmacy, vision and/or behavioral health services.
- 7 Cups: <https://www.7cups.com/> Free online text chat with a trained listener for emotional support and counseling. It also offers fee-for-services online therapy with a licensed mental health professional. The service/website also offered in Spanish.
- Crisis Response Network: is a non-profit organization dedicated to helping individuals by Inspiring Hope and empowering transformation from HOPE to HEALTH through a continuum of crisis, referral and data services.  
<https://www.crisisnetwork.org/find-help/resources/>

## COVID-19 Bill Assistance for Families.

**APS:** We are suspending the shutting off of power to our customers for non-payment. We are waiving late fees. We are setting up a Customer Support Fund for those who need assistance paying their bill that will be available starting Wednesday, March 18th. The fund will be available through our advisors by calling us at (602) 371-7171 (Phoenix) or (800) 253-9405 (other areas), weekdays from 7 am to 7 pm. [COVID-19 Coronavirus](#)

**SRP:** We are suspending power shutoffs for non-payment and will waive all late payment fees. This applies to both residential and commercial customers. SRP will be attempting to contact customers who are currently disconnected to facilitate a safe reconnection. If you are currently disconnected, and we were unable to reach you or you have not yet been contacted, please contact us to ensure a safe reconnection by calling us 24/7 at **(602) 236-8888**.

**Southwest Gas:** We have stopped service disconnections indefinitely, until the coronavirus situation improves. For customers experiencing financial hardship, we are here to help with flexible payment options:  
<https://www.swgas.com/en/save-money-and-energy> and mobile app.

**The City of Phoenix** has halted water shutoffs. Visit: <https://www.12news.com/article/news/health/coronavirus/phoenix-halts-water-shutoffs-to-give-residents-access-amid-coronavirus-spread/75-11158c18-4530-4bfl-87de-3b910e050faa>

**211:** Allows you to conduct a zip-code- based search for resources <https://211arizona.org/food-clothing-bills-maricopa/>

**Cox Communications:** Cox Communications offers a range of services and packages for the next 60 days (for example, free access to over 650,000 Wi-Fi hot spots; residential customers in the company's Starter, StraightUp Internet and Connect2Compete packages will be automatically upgraded to speeds of 50 Mbps). Visit: <https://www.cox.com/residential/internet/learn/cox-hotspots.html>.

**Comcast:** Comcast offers free Wi-Fi for 2 months to low income families plus all Xfinity hot-spots are free to the

public during this time.

Visit <https://corporate.comcast.com/covid-19>.

**Charter Free Internet offer for 2 months -**

Visit <https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>

**AT&T:** AT&T offers open hot-spots, unlimited data to existing customers, and \$10/month plans to low-income families. Visit <https://about.att.com/pages/COVID-19.html>

**Verizon:** There are no special offers, but Verizon is following the FCC agreement.

Visit <https://www.verizon.com/about/news/update-verizon-serve-customers-covid-19>

**Sprint:** Sprint is following the FCC agreement and will provide unlimited data to existing customers. Starting Tuesday, March 17, 2020, Sprint will allow all handsets to enable hot-spots for 60 days at no extra charge.

Visit <https://newsroom.sprint.com/covid-19-updates-sprint-responds.htm>

**T-Mobile:** T-Mobile is following the FCC agreement and providing unlimited data to existing customers. It will soon allow all handsets to enable hot-spots for 60 days at no extra charge. Visit <https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response>.

**CenturyLink:** We will waive late fees & will not terminate a residential or small business customer's service for the 60 days due to financial circumstances associated with COVID-19 Visit:

<http://news.centurylink.com/fccpledge>

**Directv:** Not terminate the service of any wireless, home phone or broadband residential or small business customer because of their inability to pay their bill due to disruptions caused by the coronavirus pandemic. Visit <https://about.att.com/pages/COVID-19.html>

**Federal Housing Finance Agency:** Mortgage help is available if the coronavirus has caused job loss, income reduction, sickness, or other issues that impact your ability to make your monthly mortgage payment, relief options are available.

<https://des.az.gov/services/basic-needs/shelter-and-housing/mortgage-assistance>

**Short Term Crisis Service:** The STCS Program provides emergency assistance with: Preventing homelessness by helping with rent or mortgage payments, Emergency shelter, Utility payments and utility deposit assistance, Special needs related to maintaining or securing employment, Rental deposits. <https://des.az.gov/services/basic-needs/shelter-housing/short-term-crisis-services>

**Unemployment Insurance Benefit Program:** is a nationwide program created to provide a temporary source of income for workers who have lost their jobs through no fault of their own, while they conduct an active search for work. <https://des.az.gov/services/employment/unemployment-individual>

**Eviction Delay for Renters:** Governor Ducey issued an executive order on March 24, 2020, delaying the enforcement of eviction action orders for renters impacted by COVID-19.

<https://azgovernor.gov/governor/news/2020/03/governor-ducey-issues-order-delaying-evictions-renters-impacted-covid-19>

<https://housing.az.gov/general-public/eviction-prevention-assistance>

<https://housing.az.gov/community-action-agencies-arizona-offer-emergency-eviction-and-utility-assistance>

**Arizona Together:** is a state-initiated webpage committed to giving Arizonans access to resources during the COVID-19 outbreak.

<https://arizonatogether.org/>

**Arizona Medical Assistance Program:** Medicaid provides health coverage to millions of Americans, including children, pregnant women, parents, seniors and individuals with disabilities. In some states the program covers all low-income adults below a certain income level. <https://www.benefits.gov/benefit/1000>

**The Children's Health Insurance Program (CHIP):** provides health coverage to nearly eight million children and families with incomes too high to qualify for Medicaid, but can't afford private coverage. <https://www.benefits.gov/benefit/1001>

**The Women, Infants, and Children Program (WIC):** provides supplemental foods, nutrition education and

referrals to health care, at no cost, to low-income pregnant, breastfeeding and postpartum women, infants, and children up to age 5 who are determined to be at nutritional risk. <https://www.benefits.gov/benefit/2039>

**Benefits.gov:** Provides helpful financial assistance resources during the COVID-19 Pandemic  
<https://www.benefits.gov/help/faq/Coronavirus-resources>

**SNAP (Supplemental Nutrition Assistance Program):**  
SNAP is a food and nutrition assistance service program. Those who qualify will receive benefits for their household.  
<https://des.az.gov/services/basic-needs/food/nutrition-assistance-formerly-food-stamp-program>

**Sunnyslope Family Services Center:** Multipurpose center offers rent and mortgage payment assistance, and utility assistance for electric, natural gas and City of Phoenix water bills. Call Mondays at 8 a.m. for appointments  
602-534-2433 or 1-866-882-1778

**Debt.org:** is America's Debt Help Organization, serving the public with thorough, accurate and accessible information online about financial well-being.  
<https://www.debt.org/advice/relief-options/coronavirus-covid-19-financial-assistance/>

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