COVID-19: Managing Your Mental Health During a Pandemic

Coping with Physical Distancing

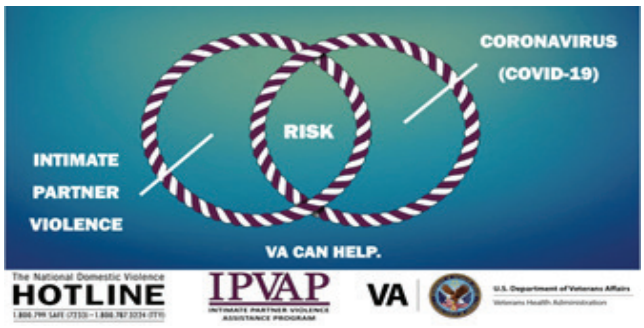
Look up ideas for activities or hobbies that you can try while social distancing online, including walking, listening to music, watching movies, reading books, playing games, doing puzzles, arts/crafts, DIY projects, or learning new things.

- Practice ***mindfulness or relaxation***
- ***Stay active and keep moving!*** Physical activities, including going for a walk or stretching, can be tools to manage stress and improve mood. Set a timer to get up and move around your home once an hour
- Engage in ***virtual activities*** from home:
  - Many places, including national parks, zoos, and museums are offering free online tours.
  - Many courses are being offered for free online.
  - Local libraries also have a variety of digital books and audiobooks to checkout.

Staying Safe at Home

Times of stress and change can often create tension and conflict in the home. If you're concerned about issues related to violence, aggression, control, or other warning signs of abuse in your relationship, call (602) 222-2752 to make an appointment with one of our mental health providers. To learn more on your own, visit: https://www.thehotline.org/is-this-abuse/

A Intimate Partner Violence Assistance Program www.socialwork.va.gov/IPV/index.asp



Important Resources

To Schedule a Mental Health Appointment Call (602) 222-2752

Veterans Crisis Line
1-800-273-8255 PRESS 1

Chat online with a counselor
To Text the Veterans Crisis Line: 838255

Vets4Warriors Peer Support Hotline:
1-855-838-8255
www.Vets4Warriors.com

Maricopa County Warm Line:
602-347-1100

National Domestic Violence Hotline:
https://www.thehotline.org/
Call 1-800-799-7233 and
TTY 1-800-787-3224

Want to Quit Smoking?
Call 1-855-QUIT-VET (1-855-784-8838)
Text: SmokefreeVET (for 24/7 encouragement and tips to help quit) www.smokefree.gov/VET.

Veterans Resource Center: 602-222-2774

Community Resource & Referral Center (CRRC) – "One Stop Shop for Homeless Veteran Services" Call (602) 248-6040

Managing Addictions

Struggling to stay sober from addictions? Boredom, isolation, stress, and conflict can be triggers for relapse or increased addiction-related behaviors. Many programs are available for virtual meetings and treatment to help with addiction to alcohol, drugs, gambling, gaming, or pornography. Resources to learn more:

- Substance Abuse and Mental Health Services Administration (SAMHSA) Virtual Recovery Resources https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf
- National Council on Problem Gambling for 24 Hour Confidential National Helpline Call 1-800-522-4700
- Alcoholics Anonymous: Offers online support http://aa-intergroup.org/
- SAMSHA Tips for Managing Stress: https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf

Call the Phoenix VA Substance Use Clinic to set up a virtual appointment at 602-277-5551 x 6471.

Coping with PTSD & COVID

Visit the National Center for PTSD to learn more about coping with COVID and PTSD:
https://www.ptsd.va.gov/covid/COVID_managing_stress.asp

VA COVID-19 Updates:

To stay up-to-date on what the Phoenix VA is doing regarding COVID19 visit:
https://www.publichealth.va.gov/n-coronavirus/
https://www.va.gov/coronavirus-veteran-frequently-asked-questions/

Maketheconnection.net
(Veteran-related resources and information)

VetsPrevail.org
(online therapy and/or chat with trained peer support)

Be Connected AZ (Resources & Support for Vets and their families)
1-866-4AZ-VETS (429-8387)
https://www.beconnectedaz.org/

Follow Us on Social Media:

Click each link to join the Phoenix VA page

Phoenix VA Health Care System
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(602) 277-5551
www.phoenix.va.gov