



CONGRESSWOMAN  
**GRACE F. NAPOLITANO**  
PROUDLY SERVING THE 32ND DISTRICT OF CALIFORNIA

Dear friend,

The coronavirus (COVID-19) public health emergency can take its toll on our mental well-being and may be stressful for people. There is no shame in this at all. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

As I continue to work with my colleagues to fight for funding for expanded mental health services during this time of crisis, resources are available if you or your loved ones need help:

**Centers for Disease Control and Prevention (CDC) provides guidelines for coping with a disaster or traumatic event** which can be found [here](https://emergency.cdc.gov/coping/selfcare.asp) (<https://emergency.cdc.gov/coping/selfcare.asp>). Tips include:

- Take care of your body
- Connect with others
- Take breaks
- Stay informed
- Avoid too much exposure to news
- Seek help when needed

The CDC also provides **guidelines for helping children cope** with emergencies which can be found [here](https://www.cdc.gov/childrenindisasters/helping-children-cope.html) (<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>).

Seeing that the CDC recommends that those 65+ stay home if possible, **AARP has provided suggestions on how to fight social isolation caused by the coronavirus** which can be found [here](https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-social-isolation-loneliness.html?intcmp=AE-HP-TTN-R2-POS2-REALPOSS-TODAY) (<https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-social-isolation-loneliness.html?intcmp=AE-HP-TTN-R2-POS2-REALPOSS-TODAY>)

The **Substance Abuse and Mental Health Services Administration (SAMHSA) provide tips for taking care of your emotional health** which can be found [here](https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf) (<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>).

Tips covered:

- What to expect during a infectious disease outbreak
- Ways to support yourself during social distancing, quarantine and isolation

[SAMHSA's Disaster Distress Helpline](#) provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. Call: 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

**The National Suicide Prevention Lifeline** also provides 24/7, free and confidential support for people in distress, prevention and crisis resources. If you or someone you know needs help, please call: 1-800-273-TALK (8255).

The **Los Angeles County's Department of Mental Health** (DMH) has provided guidelines for coping with stress during infectious disease outbreaks which can be found [here \(http://file.lacounty.gov/SDSInter/dmh/1069578\\_CommunicableDisease-StrategiesforCoping-FinalEnglish.pdf\)](http://file.lacounty.gov/SDSInter/dmh/1069578_CommunicableDisease-StrategiesforCoping-FinalEnglish.pdf). DMH is also available to provide mental health support, resources and referrals on their 24/7 Access Line at: 1-800-854-7771.

Sincerely,



Grace F. Napolitano  
Member of Congress

