



# Behind the Lines

## We Care About Your Health

It's normal to feel anxiety and uncertainty about a widespread health concern in our community like COVID-19, and to be upset or anxious about changes and interruptions to everyday life.

**All of our crisis lines are operating as usual**, and seeking support over the phone is a great way to practice social distancing.

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**If you or a loved one are experiencing a mental health crisis,**

- call the Lifeline at 1-800-273-8255

**If you are 55 or older and feeling isolated or just want to have a friendly conversation,**

- call the Senior Loneliness Line at 503-200-1633

**If you are 21 or younger and want support for any problem, big or small,**

- call YouthLine at 1-877-968-8491 or
- text teen2teen to 839863

## Taking Care During Crisis

It's important to manage anxiety, cope with uncertainty, and stay grounded in truth as the situation unfolds. Here are some tips for taking care during this difficult time:

- [7 Science-Based Strategies to Help Cope with Coronavirus Anxiety](#)
- [CDC Tips for Mental Health and Coping During COVID-19](#) (includes

a section for parents about how to support children)

- Reach out to your mental health provider(s) or [call our lines](#) for extra support.

## Finding Reliable Information

Keep in mind that limiting information-seeking may be beneficial to your mental health.

- Consult trusted sources for the best information - we recommend our partners:
    - [Oregon Health Authority](#)
    - [Centers for Disease Control](#)
  - Avoid sensational news reports.
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