



CRISIS
CENTER



Guide to Coping

DURING SOCIAL DISTANCING

We understand.

What we are hearing on the news every day is scary. Many of us are experiencing high levels of anxiety, feel worried, confused, and upset. Our daily lives have been dramatically disrupted. On top of that, many of us are isolated from friends and family. Others of us still must continue to go to work at jobs deemed "essential", and others of us still have lost employment.

*Whatever you are feeling is
normal.*

Whatever you are feeling right now, no matter if it's sadness, anger, despair, confusion, anxiety, numbness, detachment, or literally ANYTHING, you are not alone.



Call us if you need to talk.

We are available 24/7.

205-323-7777



If you're sheltering in place:

- Make self-care a priority - take walks, do yoga, read a good book, watch movies, take up crafting, exercise, eat healthy foods, take naps, find a telehealth counseling provider, spend time outdoors while practicing social distancing.
- Stick to a routine - wake and go to bed at the same time each day, get dressed, take regular showers, eat meals at scheduled times, include activities that are familiar in your "normal" routine.
- Find new ways to be social: have a 'zoom' meeting with friends, call or facetime loved ones to check in on them, use social media to connect to positive people and share kind words.



RESOURCES

for your mental health:



24 HOUR CRISIS LINE

205-323-7777

We are here to listen to whatever is on your mind, talk through whatever you are feeling, and provide resources that can help you get through, 24 hours a day, 7 days a week.

UTALK

205-328-5465

Text enabled, this hotline is dedicated to youth and teens, 3 PM - 10 PM, 7 days a week.

RECOVERY CRISIS LINE

205-458-3377

This 24-hour hotline is available to those who may be struggling with substance abuse as a coping mechanism.

RAPE RESPONSE

205-323-7273

If you have experienced sexual assault and need help, including acute medical care within 72 hours of an assault, counseling or legal support, this hotline is available 24 hours a day, 7 days a week.

SENIOR TALK LINE

205-328-8255

If you or a loved one is a senior living in isolation that needs a regular connection to the outside world, call this number to be signed up for this free phone reassurance service.

WWW.CRISISCENTERBHAM.ORG

