



Nevada Department of Health and Human Services

Helping People
It's who we are and what we do.

RESOURCES FOR COPING AND MANAGING DURING COVID-19

- Substance Abuse and Mental Health Services Administration's Disaster Distress Hotline: Call **1-800-985-5990** or text TalkWithUs to **66746**. The Disaster Distress Helpline, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. People with deafness or hearing loss can use their preferred relay service to call 1-800-985-5990.
- Behavioral Health Treatment: <https://behavioralhealthnv.org/> A database of behavioral health providers specializing in substance use disorder and co-occurring mental health disorder treatment services.
- The National Alliance on Mental Illness Warmline: Call or text **775-241-4212**. The NAMI Warmline is a stigma-free, non-crisis, phone service you can call or text to speak one-on-one with a NAMI Western Nevada CARES (Community Assistance for Recovery through Education and Support) operator. The Warmline is staffed by trained peers in recovery, who provide support to peers by telephone. The Warmline provides confidential support when we want to talk to someone. The Warmline gives you a peer's perspective on how to find support in the community by phone, text, or video. Knowing someone cares can motivate us to carry on in recovery when there is anxiety.
- Nevada 2-1-1: Call 2-1-1 or go to <https://www.nevada211.org/>. 211 provides information and referrals to health, human and social service organizations. Dialing 2-1-1 in almost every part of the United States will connect you to human and social services for your area.
- Crisis Support Services of Nevada: **1-800-273-8255**; text CARE to **839863** for 24/7 crisis services.
- Crisis Text Line: Text HOME to **741741** from anywhere **in the US**, anytime, about any type of crisis.

- Substance Use Disorder Hotline: **1-800-450-9530**; text IMREADY to **839863**.
- CDC Helping Adults Cope During an Emergency American Sign Language Video <https://www.youtube.com/watch?v=xo1nz2Dc5fk&feature=youtu.be>
- Foundation for Recovery Warmline: **1-800-509-7762**. Our peer support specialists will continue to see peers at our recovery community centers. We encourage anyone who has access to a phone or computer to consider seeing peer specialists through tele-recovery supports (over the phone or video session). A full directory of our peer support specialists with emails and phone numbers may be found here: <https://forrecovery.org/meet-our-team/>
- Children's Mobile Crisis Response Team: If your child is experiencing a mental or behavioral crisis contact the Division of Child and Family Services Children's Mobile Crisis Response Team. More information also can be found at knowcrisis.com.
 - Northern Nevada: **(775) 688-1670**, Monday – Friday 8 am – 8 pm and Saturday/Sunday 8 am – 6 pm
 - Rural Nevada: **(702) 486-7865**, Monday – Sunday 9 am – 6 pm
 - Southern Nevada: **(702) 486-7865**, Monday – Sunday 24 hours

As more people move toward social distancing and staying home, away from public places, it is normal for many to experience increased stress, distress, and isolation.

- SAMHSA Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- Social distancing and other mitigation strategies have been shown to slow and prevent the spread of COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/workplace-school-and-home-guidance.pdf>
- Centers for Disease Control and Prevention Mental Health and Coping During COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>
- World Health Organization Mental Health Considerations During COVID-19 Outbreak: https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2
- American Psychological Association article Keeping Your Distance to Stay Safe: <https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>
- Managing Anxiety and Stress: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- For guidance on COVID-19, please reference: <https://nvhealthresponse.nv.gov/>; <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.
- The White House released additional information regarding ways to slow the spread of the virus: https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf.