**Managing Fears and Anxiety around Coronavirus**

As information about Coronavirus unfolds, there can be a wide range of thoughts, feelings and reactions. Below is some helpful information and resources.

**Common Reactions:**

Please recognize that there can be a wide range of reactions and that over the next few days or weeks you may experience periods of:

|  |  |
| --- | --- |
| **• Difficulty concentrating**  | **• Anxiety, worry, panic** |
| **• Anger** | **• Feeling helplessness** |
| **• Hyper-focused on your health and body** | **• Difficulty sleeping/change in sleep** |

**Ways to Manage Fears & Anxieties:**

• **Get the facts.** Stay informed with the latest health information through the Fort Bend County Health and Human Services Department: <https://www.fbchealth.org/ncov/> For further information, see the dedicated CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

• **Keep things in perspective.** Limit worry and agitation by lessening the time you spend watching or listening to upsetting media coverage. Although you'll want to keep informed — especially if you have loved ones in affected countries — remember to take a break from watching the news and focus on the things that are positive in your life and things you have control over.

• **Be mindful of your assumptions about others.** Someone who has a cough or a fever does not necessarily have coronavirus. Self-awareness is important in not stigmatizing others in our community.

• **Stay healthy.** Adopting healthy hygienic habits such as washing your hands with soap and water or an alcohol-based hand sanitizer, frequently, and certainly after sneezing or before/after touching your face or a sick person. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Avoid touching your eyes, nose and mouth. Avoid contact with others who are sick and stay home while sick.

• **Keep connected.** Maintaining social networks can help maintain a sense of normalcy, and provide valuable outlets for sharing feelings and relieving stress. **This is especially challenging when we need to practice social distancing and quarantine to protect others and ourselves.**

• **Seek additional help.** Individuals who feel an overwhelming worry or anxiety can seek additional professional mental health support.

**More Resources:**

The following links from the CDC & SAMHSA provide additional information on coping with stress and the facts of COVID-19:

For Everyone:

-Managing Anxiety & Stress: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

-Key Facts about COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/share-facts.html>

-Coping with a Disaster or Traumatic Event: <https://emergency.cdc.gov/coping/index.asp>

For Children & Families:

-Helping Children Cope with Emergencies: <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

-Coping After a Disaster- An activity book for children age 3-10: <https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf>

For First Responders:

-Emergency Responders- Tips for Taking Care of Yourself: <https://emergency.cdc.gov/coping/responders.asp>

-Disaster Technical Assistance Center (SAMHSA): <https://www.samhsa.gov/dtac/disaster-responders>

For Communities:

-Coping with Stress during an Infectious Disease Outbreak: <https://store.samhsa.gov/system/files/sma14-4885.pdf>

-Taking Care of Your Behavioral Health During an Infectious Disease Outbreak: <https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894>

Local Resources & Phone Numbers:

-National Alliance on Mental Illness (NAMI) of Greater Houston: <https://namigreaterhouston.org/> Phone: 713-970-4435

-Mental Health America (MHA) of Greater Houston: <https://mhahouston.org/> Phone: 713-523-8963

-Hogg Foundation for Mental Health: <https://hogg.utexas.edu/>

-**Texana Center 24 Hour Crisis Hotline: 1-800-633-5686**

**-Harris Center for Mental Health & IDD 24 Hour Crisis Hotline: 713-970-7000, press 1**

**-Fort Bend County Crisis Intervention Team (CIT) Non-Emergency Number: 281-341-4665**

-Fort Bend County Behavioral Health Services: 281-238-3079

**If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call**

* 911
* **Texana Crisis Center** 1-800-633-5686 ( Fort Bend County Residents)
* **Harris Center for Mental Health & IDD 24 Hour Crisis Hotline**: 713-970-7000 ( Harris County Residents)
* Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

***Please note we will continue to update information and resources to address the needs of our community****.*