

## COVID-19 HELP AND EMOTIONAL SUPPORT FOR YOU

We are all in this together and will get through this.

The stress and uncertainty of the pandemic hits us all in different ways at different times. We are all still waving on the island, but we miss the family and friends we are separated from, we long to share a story at the Store or get a hug or handshake from a favorite neighbor. This is a very hard time.

### **Remember, you are not alone.**

Some Chebeaguers with mental health backgrounds can offer you an ear, or help you find the right kind of help including: Melissa Yosua Davis, Eliza Jane Adams, Lola Armstrong, Janna Hobbs, Michael Hollander, Sarah McKinnon, Jackie Trask, Betts Mayer and Tracy Calder.

Following are some resources if you or a loved one are feeling the emotional weight of the Covid-19 crisis.

## INFORMATION & RESOURCES

### Maine CDC Resources

Knowledge and facts can help ease your mind. Stay informed with news and updates, including Frequently Asked Questions (FAQs) and lots of helpful links on how to face daily life during the coronavirus.

### Maine Office of Behavioral Services

An information and resource center for mental health and substance use disorder, including treatment and recovery. This is the “go-to” site for substance abuse in Maine (formerly called “The Office of Substance Abuse and Mental Health Services”)

### Helping Children Cope with Changes Resulting from COVID-19

A helpful resource suggested by the Yarmouth School Counselors The resource is from the National Association of School psychologists.

The Trevor Project Hotline, Chat, Resources for LGBT

### RAINN- The Rape and Incest National Network

## PERSON TO PERSON SUPPORT

**“Sometimes you need more than an internet search. You need a conversation.”**

### 211

There are four ways to access free and confidential help from 211 Maine: Dial 211, text, email (211Maine.org) or go to the 211 Maine website. 211 Maine is the place to call when you don't know where to call, for access to any resource in Maine related to staying safe and healthy. Available 24/7.

### Maine Crisis Hotline

**1-888-568-1112**

**heretohelpmaine.com**

Contact by call, text or online for any mental health or suicide help, the hotline is staffed by trained mental health professionals. The Crisis Support Team has a mobile team who can meet personally with people in crisis. All services are free. “We're here to help. Let us listen. Free, confidential, 24/7” This line is also known as the Maine Suicide Prevention Hotline

### **NAMI Maine Helpline**

**800-464-5767 (# 1)**

The Help Line has trained staff to help navigate the mental health and/or criminal justice systems; help you understand your rights as a peer or family member; and find services based on need, location, and income.

### **NAMI TEEN Text Support Line**

**(207) 515-8398**

Send the Teen Text Support Line a text every day from 12pm - 10pm. This peer support text line is for youth 14-20 years old and staffed by individuals between ages 19-23.

### **Intentional Warm Line**

**866-771-WARM (9276)**

Not a crisis line, but a 24/7 peer-to-peer service focused on encouraging and fostering recovery. Must be age 18 or older.

### **7 Cups**

**“Need someone to talk to?”**

7 Cups connects you to caring listeners for free emotional support. Peer to peer support from trained volunteer counselors or a professional. Chat forums for teens. Free self Help guides, 24/7 chats and online therapy for \$150/month.

### **Better Help Online Counseling**

Online counseling for individuals, couples, or teens.

### **Opportunity Alliance in Portland**

**Portland's Opportunity Alliance recommends 3 apps:**

Tara Brach- Guided Meditation

SuperBetter - a free app designed by a game designer who suffered from depression and wanted to create a game to help others get through hard times.

Calm Harm - support for people who self-harm.