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The Sudbury Board of Health Social Work Department presents:

# Taking Care of Our Mental Health — During COVID-19 —

A Guide for Clergy and Community Partners

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*Bethany Hadvab, LICSW, 2020*

# Objectives of Training

Understand barriers to  
mental health treatment

Understand current mental  
health needs due to the  
pandemic

Explore self-care practices

Learn about resources in the  
community

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# Reducing Barriers to Mental Health Care

- Addressing stigma:
  - Understand stereotypes about mental health treatment
  - Understand various roles of mental health professionals
  - Continually being thoughtful about the language we utilize when discussing mental health
  - Normalizing mental health needs during pandemic
- Effectively promoting accurate mental health information out to the public
- Having a thorough understanding of resources and being able to explain them to reduce individuals' anxieties
  - Organizations
  - Telehealth
  - Insurance
- Make resources accessible anonymously

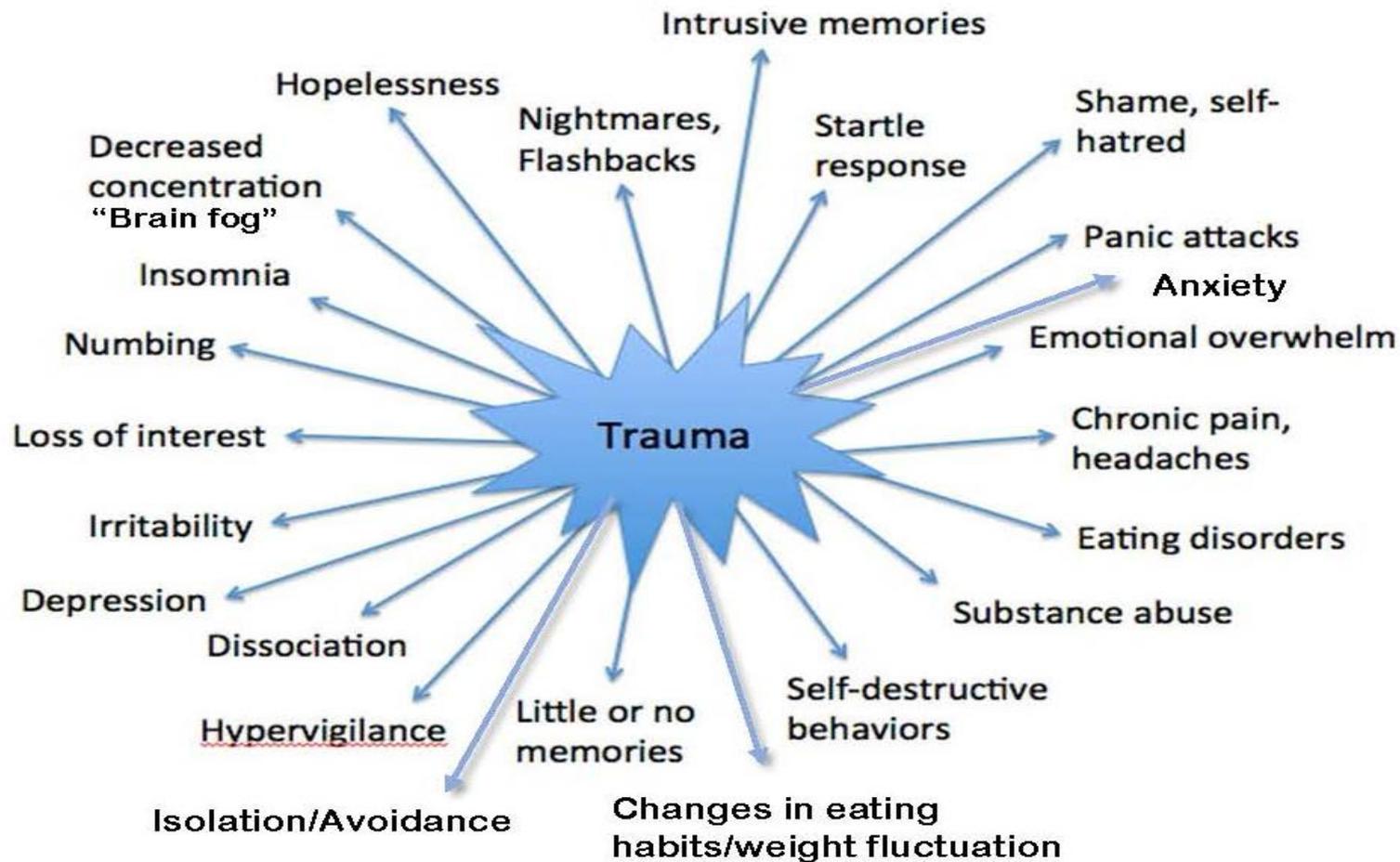


# Psychoeducation

**Trauma** is the result of an event or string of events that are real or perceived threats to a person's safety. Trauma can happen across the lifespan and often impacts the individual/s long-term. Sometimes these effects can be and are not limited to: behavioral, physiological, psychological or developmental impacts on functioning. COVID-19 could be considered a global trauma.

[Trauma: The impact on the Brain and Its Functioning](#)

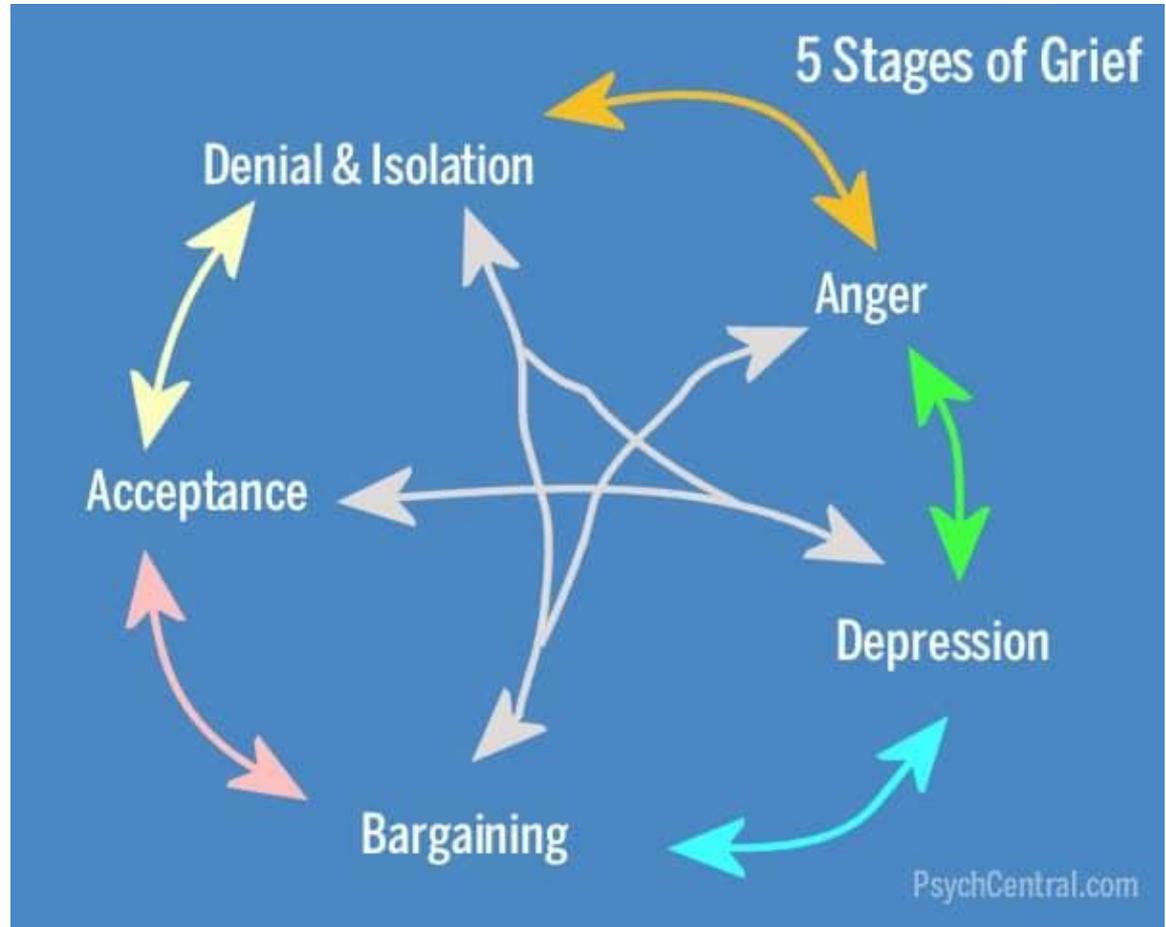




# Psychoeducation

## Grief:

- Grief is our natural response to loss that causes a variety of unexpected emotions that we are not used to feeling.
- It is not always due to a death, but sometimes to other big changes like losing a job, loss of health or loss of financial stability, loss of routine, & other major life changes.



# Psychoeducation



**Neil Webb**  
@neilmwebb

"You are not working from home; you are at your home during a crisis trying to work."

I've heard this twice today. I think it's an important distinction worth emphasising.

# Psychoeducation

## Self Care:

- Take care of your body
  - Eat well
  - Exercise
  - Get plenty of sleep
  - Hydrate
  - Limit use of alcohol and substances
- Connect with others
- Stay informed but don't overindulge in the news
- Take breaks
- Be gentle with yourself
- Seek help when needed
- Spend time outside while practicing safety guidelines
- Listen to music, read books, paint, and do other creative activities
- Journaling: gratitude, list things that make you feel safe/joyful, process feelings
- Meditate, pray, or engage in mindfulness
- Talk to a mental health professional
- Make stress reduction a priority

## DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?

# Mental Health Resources

## Crisis Resources:

### Advocates Mobile Crisis:

- For mental health emergencies and screening call Ph: 508-872-3333.
- If you or someone you know is experiencing a mental health crisis call [Advocates](#) to speak to a crisis clinician 24 hours a day everyday (non-screening option) at Ph: 800-640-5432

### Taylor Hayden JDP Clinician

- Provides mental health crisis support and works through Sudbury Police Department 978-443-1042

Crisis Text Line: Text HOME to 741741

National Suicide Prevention Lifeline: 1-800-273-8255

SAMHSA Disaster Distress Hotline: Emotional support, referrals to resources, and COVID-19 information for those experiencing distress or mental health challenges related to COVID-19

National Domestic Violence Hotline: 1-800-799-7233

211: One stop for information and resources related to COVID-19, basic needs, financial needs, housing, mental health and more.

Parental Stress Hotline: 1-800-632-8188

The Trevor Project provides support through call lines and messaging services for young people identifying as LGBT+

# Mental Health Resources

## Long Term Resources:

- [William James College Interface](#): Referrals to providers accepting new patients
- [National Alliance on Mental Illness](#) (NAMI) offers everything from educational programs to crisis hotlines for anyone in need of support
- [National Alliance on Mental Illness COVID-19 Mental Health Guide](#)
- [MA Substance Abuse Information and Education Helpline](#): (800) 327-5050
- [SAMHSA Mental Health and Substance Use Referral and Information Helpline](#): (800) 662-HELP



# Mental Health Resources

## Long Term Resources:

- [Stephen Ministries](#) offers a variety of training and leadership resources for extra care in your community
- [Caregiving Metrowest](#) offers different kinds of support groups for people during COVID-19
- [The Emotional PPE Project](#) connects health care workers with mental health professionals
- [Mass.gov](#) provides a parent and caregiver resources on their website
- [Addressing Sleep Disturbances During COVID-19](#)
- [MassHealth Insurance Application Information](#)
- [Understanding Telehealth](#)



# Other Resources to Reduce Stress During COVID-19

- [Sudbury Social Worker COVID-19 Resource Guide](#)
- [Neighbor Brigade](#): Volunteer organization that can help to deliver food and offer a variety of other supports and services related to the COVID-19 situation. Please note that citizenship status is not a criteria used by this organization to evaluate applications and translators are available in multiple languages to request help. For those without access to online application, call 1-855-241-4357
- [Slices of Hope From Juliana's Catering](#): One free pizza per Sudbury household who self-identifies as being in need. Pick up Mon-Thurs from 1-4pm.
- **Free Restaurant Gift Cards** for Sudbury residents who self-identify as being in need. If interested, email the following information to [socialworker@sudbury.ma.us](mailto:socialworker@sudbury.ma.us) with the subject line "Free Restaurant Gift Cards" with the following: Name, Address, Number of people in the household, 3-4 Sudbury restaurants that you prefer, or the type of food you prefer

# Other Resources to Reduce Stress During COVID-19

- **[HOPEsudbury](#)**: Provides emergency financial support by directly paying bills for those in need in Sudbury. Citizenship status is not a criteria used by this organization to evaluate applications. Click [here](#) for a fillable PDF application.
- **St Vincent de Paul**: Provides emergency financial support by directly paying bills for those in need in Sudbury. Citizenship status is not a criteria used by this organization to evaluate applications.
- **[Caregiver Homes](#)** and **[Advocates Adult Family Care Program](#)**: Mass Health programs that pay family members to care for loved ones who meet eligibility criteria
- **[Project Just Because](#)**: Provides warm clothing, and winter coats and accessories as available. Reach out early!

# Questions?



[socialworker@sudbury.ma.us](mailto:socialworker@sudbury.ma.us)

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