



NEED TO TALK?

Feeling anxious or depressed about the COVID-19 pandemic? Need to talk to someone?
Need tips on managing stress? Need resources for food, housing, or financial assistance?
Need help with establishing treatment for mental health or addiction problems?

814-889-2684 (COVI)
Monday - Friday 8a.m. - 4p.m.

FACE COVID

- F** = Focus on what's in your control
- A** = Acknowledge your thoughts & feelings
- C** = Come back into your body
- E** = Engage in what you're doing

- C** = Committed action
- O** = Opening up
- V** = Values
- I** = Identify resources
- D** = Disinfect & distance

Additional Resources Available 24 / 7:

- UPMC Altoona Crisis Center
(814) 889-2141 Option 1
- Blair County 211 - Call 2-1-1
or visit <https://pa211central.info>
- PA Mental Health Support Line
1-855-284-2494
- Blair County Social Services
COVID-19 Information Page:
[www.blairco.org/Dept/Emergency/
Mgmt/Pages/COVID19.aspx](http://www.blairco.org/Dept/Emergency/Mgmt/Pages/COVID19.aspx)

Ways to Support Yourself During Social Distancing, Quarantine and Isolation

- ▶ Educate yourself about available resources.
- ▶ Connect with others using a telephone, email, text messaging and social media.
Talk "face to face" with friends and loved ones using Skype or FaceTime.
- ▶ Reach out for support.
- ▶ Take breaks from watching, reading or listening to news stories, including social media.