

Mental Health Resources for sharing with the Diocese of Northern California

Coping with anxiety, grief and depression in the context of COVID 19

https://greatergood.berkeley.edu/article/item/how_to_stop_feeling_so_helpless_during_quarantine

People who want more human connection and some meditation practices may want to participate in online connection sessions with grounding practices. Two resources for this are:

<https://gratefulness.org> This resource is coordinated by Brother David Steindl Rast. This website includes a Grateful Day meditation as well as practices for grateful living. The practices include material from The Little Things: A Grateful Self-Care Practice Invitation which was a facilitated practice group in May 2020.

Reimagine: Life, Loss, & Love is a series of virtual events designed to promote connection and grieve the many losses that are part of this time. Events are scheduled from May 01 – August 31, 2020. Formats include meditations, virtual workshops, storytelling, creativity and more. Content includes wellness, social justice, spirituality and movement. All events are on Zoom, with registration required.

<https://letsreimagine.org/worldwide/schedule>

Resources for parents whose children are worried or stressed (not pandemic specific) include these applications designed to teach coping skills to kids, with some parent support.

Kid's Skills:

<http://www.kidsskills.org/>

<http://www.kidsskillsapp.com/>

Breathe Kids

<https://www.stopbreathethink.com/kids/>

Support in a Crisis

Greater Sacramento area (Sacramento/Auburn/Roseville/Lincoln)

<https://www.wellspacehealth.org/services/behavioral-health-prevention/suicide-prevention>

Sacramento County

Hope cooperative Peer Support Warm Line designed to specifically address feelings of anxiety, depression, isolation and loneliness that our Sacramento community members are experiencing. (855)502-3224.

Crisis Respite Center continues to be a place for those in need of “in-person” respite in times of mental health crisis. Call 916-RESPITE (737-7483)

El Dorado County

<https://www.edcgov.us/Government/MentalHealth>

Placer County

<https://www.placer.ca.gov/2485/Crisis-Resources>

Yolo County

http://www.partnershiphp.org/Community/Documents/Yolo/Yolo_MentalHealth.pdf

National resources

Suicide crisis line 1-800-273-8255

Veterans Crisis Line 1-800-273-8255, Press 1

Crisis text line Text HOME to 741741 to connect with a Crisis Counselor

Free 24/7 support at your fingertips

Telemental Health aka Online Counseling

most therapists are now offering video and phone sessions. a list of clinicians can be found on psychology today <https://www.psychologytoday.com/us/therapists/ca/sacramento-county>

or here <https://sacwellness.com/remote-services/>

Two major area providers are Dignity Health: <https://dignityhealth.org/sacramento/medical-group/mercy-medical-group/services/counseling-and-psychiatry>

And Wellspace: <https://www.wellspacehealth.org/services/behavioral-health-prevention/integrated-behavioral-health>

Most treatment centers are also offering online/telehealth options. You can find these at their websites. Some examples

<https://sierravistahospital.com/treatment-services/telehealth/>

<https://heritageoakshospital.com/programs-services/telehealth/>

<https://www.eatingrecoverycenter.com/recovery-centers/sacramento>