Mental Health Resources Via Phone or Telehealth in the Walla Walla Valley

Comprehensive Mental Health
509-524-2920
Video and Phone Counseling Appointments

Crisis Text Line
Text HOME to 741-741 to access Crisis Text Line

National Suicide Prevention Hotline
800-273-TALK (8255)

National Alliance on Mental Illness
nami.zendesk.com/hc/en-us

Anchor Point
509-593-8123 ext. 0
Telehealth

Mental Health Counselors at the VA
509-525-5200

TELADOC
https://www.teladoc.com/ways-we-help/?mentalhealth#services-area

*Many of our area counselors have ways to do phone sessions or telehealth. Call your provider to inquire.

Coping Tips
People that are feeling emotional distress related to COVID-19 can take actions to help support themselves and others.

- Set a limit on media consumption, including social media, local or national news.
- Stay active. Make sure to get enough sleep and rest. Stay hydrated and avoid excessive amounts of caffeine or alcohol. Eat healthy foods when possible.
Connect with loved ones and others who may be experiencing stress about the outbreak. Talk about your feelings and enjoy conversation unrelated to the outbreak.

Get accurate health information from reputable sources. For health information about COVID-19, please contact the Centers for Disease Control at cdc.gov, your local healthcare provider, or your local 211 and 311 services, if available.

If you’re experiencing emotional distress related to COVID-19, please call the National Suicide Prevention Lifeline or your local crisis line.

For coping tools and resources, visit the Lifeline website at suicidepreventionlifeline.org or Vibrant Emotional Health’s Safe Space at vibrant.org/safespace.

**Helpful Resources**

Reliable sources of information about COVID-19:

- Centers for Disease Control and Prevention (CDC)
- World Health Organization (WHO)

Other Helpful Resources to Support Your Mental and Emotional Wellbeing:

- CDC’s “Manage Anxiety and Stress” page provides what stress can look like and tips to manage that stress.
- The National Child Traumatic Stress Network has a guide for parents and caregivers to help families cope with the Coronavirus Disease 2019 (COVID-19).
- Mental Health America has compiled a range of resources and information on their “Mental Health and COVID-19” page.
- SAMHSA’s “Coping With Stress During Infectious Disease Outbreaks” page outlines the signs of stress and steps you can take to alleviate stress.
- SAMHSA’s “Taking Care of Your Behavioral Health” page provides tips for social distancing, quarantine and isolation during an infectious disease outbreak.
- SAMHSA’s “Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks” page provides parents, caregivers, and
teachers with strategies for helping children manage their stress during an infectious disease outbreak.

- Vibrant Emotional Health’s [Safe Space](#) provides interactive coping tools to help users when they need it.
- If you feel you or someone you know may need emotional support, please visit the Lifeline’s website at [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org) for helpful resources or call 1-800-273-TALK (8255). The Lifeline is free, confidential, and available to everyone in the U.S. You do not have to be suicidal to call the Lifeline.
- The NYS Office of Mental Health’s “Managing Anxiety in an Anxiety Provoking Situation” resource page provides tips for all on how to manage anxiety surrounding the COVID-19 outbreak.
- If you’re worried that someone in your life may be suicidal, you can use the Lifeline’s 5 steps to help someone that may be in suicidal crisis.