



**NAMI St. Tammany**

## COVID-19 RESOURCES

As support to our community, NAMI St. Tammany is providing up-to-date information and resources that we feel will be most helpful during the current COVID-19 outbreak.\*

### NAMI ST. TAMMANY

We are a nonprofit organization that provides education, advocacy, support and resources for families and individuals with mental illness. During these uncertain times, we are utilizing our free NAMI St. Tammany Mental Health Mobile App to help share important information that is critical to our entire community. Up-to-date documents and information such as the resources below can be easily shared and downloaded from our Documents section. You can contact us at 985-626-6538 or [info@namisttammany.org](mailto:info@namisttammany.org). Download the app for free at the [App Store](#) and [Google Play](#), search for NAMI St. Tammany

**Practice self-care and know that you are not alone. NAMI St. Tammany is here for you.**

### UNEMPLOYMENT BENEFITS

If your employment has been impacted for reasons related to COVID-19 (Coronavirus Disease), please review the following information about assistance available. The Louisiana Workforce Commission (LWC) will do all that we can to ensure impacted workers receive the benefits for which they are eligible.

Do any of these situations apply to you?

1. Your work hours have been reduced because of lack of work due to Coronavirus.
  2. Your workplace closes temporarily, and you are not being compensated.
  3. You have been instructed not to go to work, and you are not being paid while at home.
- You MAY be eligible for unemployment insurance. You can file a claim at [www.louisianaworks.net/hire](http://www.louisianaworks.net/hire) or by calling our Claim Center at 866-783-5567. Effective March 17, 2020, we have extended our Claim Center hours to 8 a.m.- 7 p.m. IMPORTANT NOTE: The week waiting period and work search requirements have been waived.
  - Be sure to answer “yes” to the question, “Are you filing for Unemployment Insurance benefits for reasons related to COVID-19 (Coronavirus)?” This will provide needed information to the LWC to help process your claim.

### SNAP BENEFITS

At this time, there is no option for disaster SNAP(DSNAP). However, if you are not already a SNAP recipient and have a food need, we encourage you to apply for benefits online. There's no need to visit a DCFS office. You can apply online or by mail/fax. For more information, text GETSNAP (no spaces) to 898211, visit the DCFS website at [www.dcfslouisiana.gov/getSNAP](http://www.dcfslouisiana.gov/getSNAP), email [LAHelpU.DCFS@la.gov](mailto:LAHelpU.DCFS@la.gov) or call 1-888-LA-HELP-U (1-888-524-3578) Monday-Friday, 7:30 a.m. to 6 p.m. Learn how to get SNAP <http://www.dcfslouisiana.gov/page/get-snap>

## MEDICAID

If you have been laid off from work or faced a reduction in hours, you may be eligible for Medicaid. Apply online at <http://ldh.la.gov/index.cfm/subhome/1> or by phone at 888-342-6207.

## NORTHSHORE FOOD BANK

All transactions at the Northshore Food Bank will be handled at their drive-up window. The lobby is closed. If someone is in need they should enter through the 29<sup>th</sup> Avenue gate during regular distribution hours: Monday, Tuesday, Thursday, 9am – 12pm.

## MENTAL HEALTH AND CRISIS

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Everyone reacts differently to stressful situations. Visit the [CDC.gov](https://www.cdc.gov) to learn more about things you can do to support yourself and your loved ones. If you need to talk to someone, these resources are confidential and available for free 24/7:

- Call 1-866-310-7977 for free, confidential counseling with **Keep Calm Through COVID** (mental health and substance abuse counseling services)
- Call 1-800-273-8255 for the **National Suicide Prevention Lifeline**
- Text HOME to 741-741 for **Crisis Text Line**
- Call 1-800-985-5990 or text TalkWithUs to 66-746 for the **Disaster Distress Hotline**
- Call 1-866-488-7386, text START to 678-678 or to chat visit **The Trevor Project** (for LGBTQ youth)
- Call 1-800-799-7233 or text LOVEIS to 22-522 to connect with **The National Domestic Violence Hotline**.

## WHAT CAN I DO?

With the awareness of these mental health risks, we can work towards coping with this challenging situation and reduce the potential impact on our mental health. Here is a list of coping strategies to help get you through these uncertain times.

**Be Mindful Of Your News Consumption** - The news can be helpful by encouraging precautions and prevention, but compulsively and obsessively reading and watching about the outbreak can be detrimental to mental health. Here are a few suggestions that may help you follow the news while protecting your mental health.

- **Limit your sources** - Rely on only one or two reliable sources of news
- **Practice acceptance** - Accept that the news coverage will not answer all your questions or address all your worries. Accept uncertainty. Trust that officials around the globe and the medical community are trying their best to address the situation.
- **Limit consumption** - Establish a reasonable rate of consumption, which may be checking for updates one or two times a day. Consume only what you need to know, what's most relevant to you and particularly what is happening or anticipated in your own community.
- **Distinguish between global and local** - The virus will not necessarily take the same course in the U.S. as it has in other countries. It's important to think critically about the information provided and not jump to conclusions.
- **Ask someone for help** - If you feel you need separation from the news, have a friend or loved one filter the news for you, and give you updates based on a reasonable assessment of what's relevant to you. This will allow you to reduce direct news consumption.

**Stay Connected** - Stay connected with friends and family by Skype, Facetime, email, messenger and text, especially those who may be isolated. Be ready to listen to their concerns and share yours. Learn effective listening skills to help your friends and loved ones.

**Take Care Of Yourself** - It's essential to make your health a priority during this time. The critical self-care activities are sleep, physical exercise and a healthy diet. Find ways to address forms of stress, such as journaling, going for walks or calling a loved one. Maintaining a sense of normality and routine can also reduce stress. It can be especially helpful to practice mindfulness and try not think of the future or worst-case scenarios. There are many online references, including Kindle books on Amazon, YouTube guided meditation and yoga videos, and apps such as Headspace.

In these uncertain and unprecedented times, it is natural to experience stress and anxiety. However, an awareness of these stressors better positions us to address them. And there are many tools and coping strategies available to combat the strains on our mental health.

We are creative creatures. We are also social creatures. So, we are finding ways to remain socially connected while physically disconnecting. Perhaps we will also emerge from this crisis with a better appreciation and respect for our fellow humans and citizens.

## ONLINE SUPPORT COMMUNITIES

NAMI hosts online communities where people exchange support and encouragement. These Discussion Groups can easily be joined by visiting [www.nami.org](http://www.nami.org).

7 Cups: [www.7cups.com](http://www.7cups.com) - Free online text chat with a trained listener for emotional support and counseling. Also offers fee- for-service online therapy with a licensed mental health professional. Service/website also offered in Spanish.

Emotions Anonymous: [www.emotionsanonymous.org](http://www.emotionsanonymous.org) - An international fellowship of people who desire to have a better sense of emotional well-being. EA members have in person and online weekly meetings available in more than 30 countries with 600 active groups worldwide. The EA is nonprofessional and cannot be a complement to therapy.

Support Group Central: [www.supportgroupscentral.com](http://www.supportgroupscentral.com) - Offers virtual support groups on numerous mental health conditions - free or low-cost. Website also offered in Spanish.

The Tribe Wellness Community: [www.support.therapytribe.com](http://www.support.therapytribe.com) - Free, online peer support groups offering members facing mental health challenges and/or difficult family dynamics a safe place to connect. Support groups include Addiction, Anxiety, Depression, HIV/AIDS, LGBT, Marriage/Family, OCD and Teens.

SupportGroups.com: <https://online.supportgroups.com> - Website featuring 200+ online support groups.

For Like Minds: [www.forlikeminds.com](http://www.forlikeminds.com) - Online mental health support network that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events.

18percent: [www.18percent.org](http://www.18percent.org) - Offers a free, peer-to-peer online support community for those struggling with a wide range of mental health issues.

Psych Central: [www.psychcentral.com](http://www.psychcentral.com) - Offers online mental health resources, quizzes, news, an "Ask the Therapist" function, and online support communities.

Online AA groups: [www.aa-intergroup.org/directory.php](http://www.aa-intergroup.org/directory.php) - listings of online AA groups

\*Due to the rapidly changing situation, information is subject to change. Please check provided sites and links regularly for the most up-to-date details.