

Behavioral Health Services (BHS) - Provider Information Notice

To:	BHS Contracted Service Providers	April 13, 2020
From:	Behavioral Health Services	
Topic(s):	BHS Provider Memo, COVID-19, Communications, Operations, Mental Health Resources	
Title	Emotional Health and Stress Management Resources During COVID-19	

The Governor’s office recently launched a new [website](#) with emotional health resources, including links to a variety of existing phone-based resources for Californians feeling the emotional stress of Coronavirus Disease 2019 (COVID-19). The site features the National Suicide Hotline, and links to county behavioral health phone lines.

The California Surgeon General also released an [Adult Stress Playbook](#) and [Stress Playbook for Caregivers and Kids](#), which are simple guides for supporting mental and physical health at home using six key strategies:

- **Supportive relationships:** Maintain supportive relationships wherever possible, including virtually.
- **Exercise:** Engage in 60 minutes of physical activity every day, if possible. It doesn’t have to be all at one time.
- **Sleep:** Get sufficient, high-quality sleep. This may be particularly hard right now but going to sleep and waking up at the same time each day can help.
- **Nutrition:** Ensure proper nutrition to help combat stress.
- **Mental health support:** [Resources available here.](#)
- **Mindfulness:** Practice [mindfulness](#). This could be activities such as meditation, yoga, or prayer for 20 minutes, two times a day.

Additional noteworthy resources:

- The [COVID-19 Mental Health Resource Hub](#) from Psych Hub features free resources from mental health organizations to help people address their mental health needs during the COVID-19 pandemic.
- The County of San Diego [Live Well @ Home](#) site is designed to help community residents find tips and strategies to stay healthy in both mind and body while staying at home.
- The [San Diego County Office of Education](#) site features key updates and resources for families, including the Teen Guide to Mental Health and Wellness which is available in both [English](#) and [Spanish](#).

These resources will be posted on the [BHS COVID-19 provider webpage](#) and providers are encouraged to share them with clients, as well as friends and family, and to utilize them for your own mental health and wellness. As a reminder, additional mental health resources can be found on the [BHS COVID-19 mental health webpage](#), and up to date information on the COVID-19 situation in San Diego County can be found at [coronavirus-sd.com](#).