



Feeling anxious? Need help with managing stress, anxiety, drugs or alcohol? Need to talk to someone?

# Bucks County COVID-19 Behavioral Health Helpline

## 215-399-5681

Available Monday - Friday, 8:30 am – 4:30 pm

### 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.

### Use Practical Ways to Cope and Relax

- Relax your body often by doing things that work for you - take deep breaths, stretch, meditate or pray, or engage in activities you enjoy.
- Pace yourself between stressful activities, and do something fun after a hard task.
- Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
- Maintain a sense of hope and positive thinking.

### Online Resources

Pennsylvania Recovery Organizations Alliance (PRO-A) - [www.pro-a.org](http://www.pro-a.org)

National Alliance on Mental Illness (NAMI) Online/Phone Support - [www.namibuckspa.org](http://www.namibuckspa.org)

Vibrant Safe Space - [www.vibrant.org/safespace](http://www.vibrant.org/safespace)

### Important Phone Numbers & Websites

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| • Mental Health Crisis Intervention Services                         | 1-800-499-7455  |
| • National Suicide Prevention Lifeline                               | 1-800-273-8255  |
| • Centers for Disease Control and Prevention                         | 1-800-232-4636   <a href="http://www.cdc.gov">www.cdc.gov</a>               |
| • Substance Abuse and Mental Health Services Administration (SAMHSA) | 1-877-726-4727   <a href="http://www.samhsa.gov">www.samhsa.gov</a>         |
| • SAMHSA Disaster Distress Helpline                                  | 1-800-985-5990  |
| • PA Get Help Now  | 1-800-662-4357  |
| • Bucks County Drug & Alcohol Commission, Inc.                       | 215-444-2700   <a href="http://www.bcdac.org">www.bcdac.org</a>             |
| • Bucks County Department of Mental Health/ Developmental Programs   | 215-444-2800   <a href="http://www.buckscounty.org">www.buckscounty.org</a> |
- If you are a Bucks County resident who is eligible and covered under the HealthChoices Behavioral Health Medicaid Program, please call Member Services at 1-877-769-9784 or visit [www.magellanofpa.com](http://www.magellanofpa.com).

