

Behavioral Health Services Available During the COVID-19 Emergency



The Behavioral Health Services department of the County's Health and Human Services Agency has mental health and substance use disorder resources available to support you during the Coronavirus Disease 2019 (COVID-19) emergency.



Changes to your daily routine due to the COVID-19 emergency can impact your health. Monitor your physical and mental health, stay safely connected to your community, and know the signs of stress and when and how to seek help for yourself or a loved one. **If you are experiencing stress or anxiety due to COVID-19 there is help available, call the Emotional Support Help Line.**



If you are receiving treatment for a mental health condition or substance use disorder, it is important to continue your treatment. Pay attention to new or worsening symptoms and reach out for help if you notice any. **Call the Access & Crisis Line if you or someone you care about needs immediate help.** The Access & Crisis Line is staffed by trained professionals and is available if you just need to talk, have questions about how to offer support, or if you are looking for a referral or support services.



While in isolation it is important to access needed treatment and/or continue your existing medications, including treatment and medications for addiction such as methadone and buprenorphine.

- If you need treatment for addiction or withdrawal management, please call the Access & Crisis Line.
- If you currently have a medication for addiction or withdrawal management and need access to your medication, please call the Access & Crisis Line or reach out to your existing treatment program.



It's Up to Us Website
For suicide prevention and stigma reduction, please visit: **up2sd.org**



Emotional Support Help Line
A toll-free, 24/7 help line for those feeling worried or stressed about COVID-19.
1-866-342-6892



Access & Crisis Line (ACL)
A confidential, toll-free, 24/7 information and referral line to help you find a provider for your needs.
1-888-724-7240