






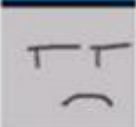
Self-care &

Accompani-
ment

During
COVID-19

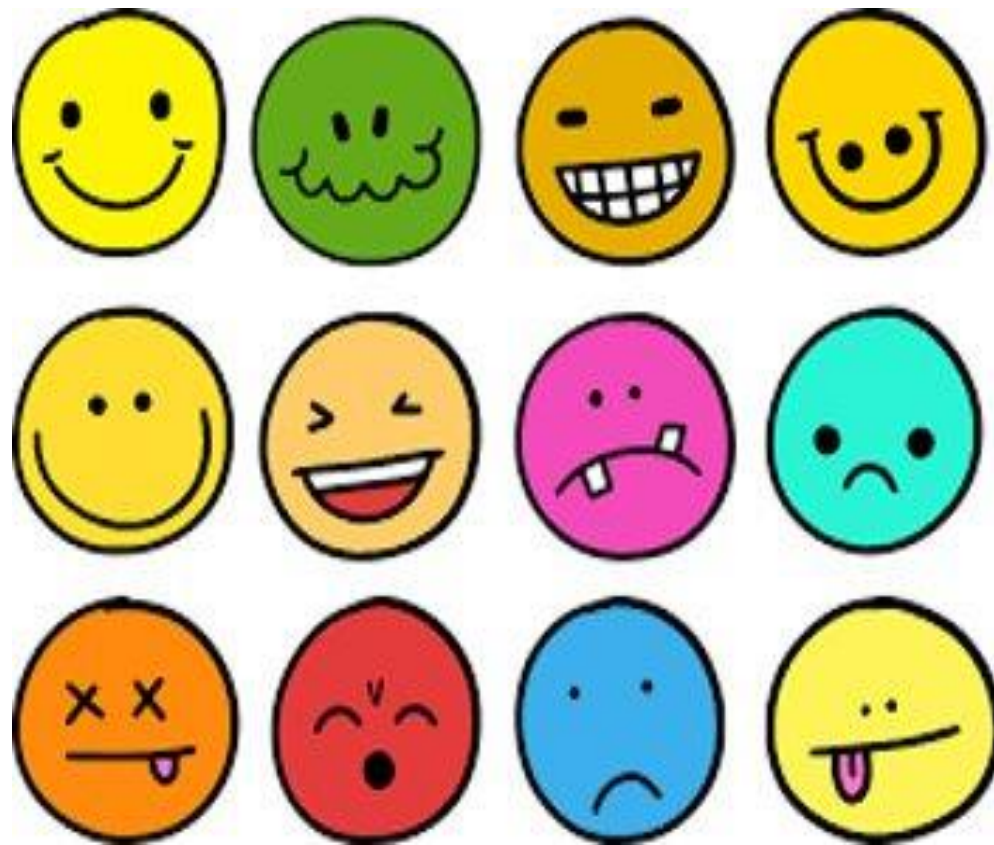


Polling Question 1: How Are You Doing?

	RED = Imminent Overload. Barely able to juggle professional and personal responsibilities.
	ORANGE = Very busy juggling many responsibilities. Have had to make difficult decisions on what to prioritize.
	YELLOW = Busy. Lots of things to do but managing okay. Have some ability to look beyond what is needed today.
	GREEN = As good a balance as possible these days. Feeling positive and productive. Have room to do strategic thinking and plan for future.
	BLUE = Feeling unproductive but not sure best way to help.
	GRAY = Difficulty feeling motivated, feeling pessimistic about future.



Ask, specifically, and Listen



What one thing can you add to your self-care this week?

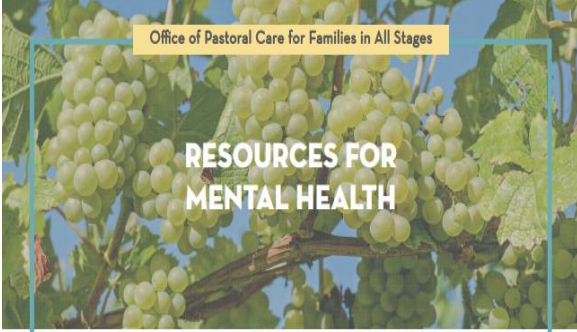


How can faith communities support mental health during COVID-19?

- Make it okay to not be okay (Reduce Stigma)
- Train parishioners in Mental Health First Aid
- Offer practical help & meaningful service opportunities (script)
- Purvey hope
- Combating social isolation (be creative)

Adapted from Stephen Grcevich, MD, President and Founder of Key Ministry

- Resources for Mental Health Guide (English, Spanish)
- Things a Parish Can Do To Help
- Parish Mental Health Ministry Team formation, training, and support
- Prayer and liturgical resources
- Pastoral Outreach Script for phone calls



Office of Pastoral Care for Families in All Stages

RESOURCES FOR MENTAL HEALTH

CRISIS

For EMERGENCY assistance DIAL 911 available 24/7
For CRISIS ASSESSMENT: DIAL 1-866-830-6011 AVAILABLE 24/7*
For SUICIDE PREVENTION: DIAL 1-877-727-4747 available 24/7*
New Hope CRISIS COUNSELING: 1-714-639-4673 available 24/7*
National SUICIDE PREVENTION Hotline: 1-800-273-8255 available 24/7*
VETERAN CRISIS LINE: 1-800-273-8255 (press 1) available 24/7*
CRISIS TEXT LINE: Text HELLO to 741741

TREATMENT

OCLINKS: 1-855-625-4657* - Information and referral for Orange County Behavioral Health Services.* (Calls taken in English, Spanish, Vietnamese, Farsi, Arabic, and Korean)

OC21: Dial 211* for comprehensive listing of Health and Human Services in Orange County, including low-cost therapy services, which can also be found at www.211oc.org/mental-health

WYS Outreach and Engagement: For any OC resident not yet receiving care, provides individual support, case management, free mental health counseling (short term, 3 months, English or Spanish). North OC: 714-517-7107, South OC: 844-243-0048*

Low-cost counseling services in languages in addition to English

Spanish	Casa de la Familia (Fullerton): 714-667-5220, casadelafamilia.org
	Catholic Charities (Santa Ana): 714-347-9625
	Open Door Center (Santa Ana): 714-332-1200, www.theopendoorcenter.org
	Straight Talk (Santa Ana): 714-828-2000, www.straighttalkcounseling.org
Korean	Korean Community Services (Buena Park): 714-503-6550
Multiple	Living Success Center (Costa Mesa, Laguna Hills): 949-645-4723, livingsuccesscenter.org
	Southland Integrated Services, Inc. (Garden Grove) - 714-620-7001, www.southlandintegrated.org/bh.asp (for Asian/Pacific Islanders)

* Toll-free

ROMAN CATHOLIC DIOCESE of ORANGE