






El autocuidado  
Y  
el  
acompañamiento

Durante  
el coronavirus  
COVID-19



## Polling Question 1: How Are You Doing?

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



Pregunta – específicamente –  
y escucha...



¿Qué puedes agregar a tu cuidado personal esta semana?



## ¿Cómo pueden apoyar la salud mental durante COVID-19 las comunidades religiosas?

- Haz que esté bien no estar bien (Reduce el estigma)
- Capacitar a los feligreses en primeros auxilios para la salud mental
- Ofrezca ayuda práctica y oportunidades de servicio significativas (guión)
- Proveer la esperanza
- Combatir el aislamiento social (ser creativo)

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

- Guía de recursos para la salud mental (inglés, español)
- Cosas que una parroquia puede hacer para ayudar
- Formación, capacitación y apoyo del Equipo Parroquial del Ministerio de Salud Mental
- Oración y recursos litúrgicos
- Guión de alcance pastoral para llamadas telefónicas



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)

OC211: 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](http://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, <a href="http://casadelafamilia.org">casadelafamilia.org</a>
	Catholic Charities (Santa Ana): 714-347-9625
	Open Door Center (Santa Ana): 714-332-1200, <a href="http://www.theopendoorcenter.org">www.theopendoorcenter.org</a>
	Straight Talk (Santa Ana): 714-828-2000, <a href="http://www.straighttalkcounseling.org">www.straighttalkcounseling.org</a>
Korean	Korean Community Services (Buena Park): 714-903-6550
Multiple	Living Success Center (Costa Mesa, Laguna Hills): 949-645-4723, <a href="http://livingsuccesscenter.org">livingsuccesscenter.org</a>
	Southland Integrated Services, Inc. (Garden Grove) - 714-620-7001, <a href="http://www.southlandintegrated.org/bh.asp">www.southlandintegrated.org/bh.asp</a> (for Asian/Pacific Islanders)

\* Toll-free

ROMAN CATHOLIC DIOCESE of ORANGE