



SCHOOL OF MEDICINE

Physical Medicine and Rehabilitation

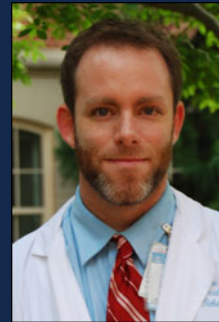
WORDS ABOUT WELLNESS

Today's "Words about Wellness" is brought to you by:

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Safety Net Resources: You Shouldn't Be Out of Options

Here is an understatement: 2020 has been a stressful year so far. Even with only tension between the US and Iran, the US and North Korea, the death of Kobe Bryant, fires in Australia, a volcano in the Philippines, political tension including an impeachment trial, and **murder hornets**, this would be a pretty bad year. Add to that the two events which likely have the greatest direct impact on those reading this: the coronavirus pandemic and the loss of an important and loved member of PM&R, and this in a shoe-in on the Mount Rushmore of bad years, and we are right in the middle of it. Everyone is dealing with these horrible things in different ways, but one thing is for sure – we are going through something really hard.

And let's be real: when life cranks up the stress like this, it is easy to feel overwhelmed. We should still do all the normal wellness things that usually help us cope (eating well, exercise, calming techniques), but in a crisis that can feel like putting a Band-Aid on a bullet hole. When all else fails, and in a particularly difficult time like *right now*, we may need to get more help. That is why this month's Words About Wellness is not about inspiration, motivation, or how to maintain wellness. This is a giant information dump of resources in case you need them. Hence the safety net. So here you go, and please remember: you are not out of options. Here is a list of resources that should not run out, and even this is only the tip of the iceberg. Help is out there!

Hotlines (just call the number!)

NC Dept of Health & Human Services Coronavirus Hotline: 866-462-3821

Alliance Health Crisis Response 24-hour Crisis Hotline: 919-560-7100

National Suicide Prevention Hotline: 1-800-273-8255

National Domestic Violence Hotline: 1-800-799-7233

National Sexual Assault Hotline: 1-800-656-HOPE
Hopeline (24/7 mental health support line): 919-231-4525
NAMI Helpline: 1-00-950-6264
SAMHSA Disaster Distress Helpline: 1-800-985-5990
Alcohol & Drug Council of NC Helpline: 1-800-688-4232

Handouts (available online):

Coping with a disaster/traumatic event

https://emergency.cdc.gov/coping/pdf/Coping_with_Disaster.pdf

SAMHSA coping with social distancing and isolation during outbreak

<https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894>

SAMHSA coping with stress during infectious disease outbreaks

<https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Four page handout on grief and trauma

https://www.nctsn.org/sites/default/files/resources//pfa_when_terrible_things_happen.pdf

Basic relaxation tips

https://www.nctsn.org/sites/default/files/resources//pfa_basic_relaxation_techniques.pdf

Apps:

Ninja Focus: For Mindfulness and Sleep (for Kids)

Sesame Street: Breath, Think, Do (For Kids)

Headspace (free for all US Healthcare providers with NPI #)

Ten Percent Happier

AnxietyCoach (Mayo Clinic)

Online Support:

7 Cups (online free text chat w/ trained listener for support/counseling): www.7cups.com

Talkspace (Chat capabilities and connection to therapists, including video conferencing):

<https://www.talkspace.com>

TheTribe Wellness Community (free online support groups): www.support.therapytribe.com

18 Percent (free online peer support groups): www.18percent.org

Childcare:

Covid Childcare Co-Op Creator: <https://childcarecoop.org/index.html>

Scholastic At-Home Learning Materials:

<https://classroommagazines.scholastic.com/support/learnathome.html>

More:

Crisis Solutions of North Carolina (lists local MCO crisis lines, Access Centers): <http://crisissolutionsnc.org>

APA: Free Wellness Webinars from the Comfort of your Own Home: <http://pages.apa.org/wellness-webinars/>

Howard Lunche, LCSW - grief education

<https://www.howardlunche.com/commongriefreactions.htm>

One example of a wellness YouTube channel. This one includes regularly scheduled live meditations with Q&A

<https://www.youtube.com/channel/UCb3AWCFuxotrXmgqUHQdwyg>

There is more where that came from. For more specific handouts, apps, sites, and hotlines (e.g. for specific youth ages, more domestic violence or substance abuse resources, more financial resources, food banks, etc.), contact one of the hotlines above and ask.