



4-9-20 Protecting Your Mental Health Through Crisis

(RILEY COUNTY, KS – April 9, 2020) It's been nearly two weeks since Governor Laura Kelly's 'Stay Home' Order went into effect, and the change in daily routine and unknowns of the virus may be difficult for some community members. Help is available. There are local and national resources that have been put in place to help protect your mental health during this crisis.

“The safety precautions we are taking to prevent the spread of the coronavirus are absolutely necessary,” said Local Health Officer Julie Gibbs. “We recognize the restrictions can cause stress, and we want to make sure people in our community get the help they deserve.”

It's important to stay in contact with friends and loved ones through whatever means you have available such as by phone, email, video-conferencing, or even by mail. Lean on those you trust, and know when you need to reach out for help.

“The Riley County Police and Pawnee Mental Health Crisis Co-responders are here and available when they are needed,” Riley County Police Department Assistant Director Kurt Moldrup said.

What to do:

- * Recognize when you need a break -- take a walk, practice deep breathing or other relaxation techniques like progressive muscle relaxation to decrease anxiety
- * Teach these things to each other as a couple or family
- * Take turns watching your kiddos with another family member in the household -- a few minutes for yourself can sometimes help
- * Recognize that all of us are under a new kind of stress most have never experienced before, give each other time to adjust

When things become too much and you need some additional support:

- Many private practice therapy offices are working to provide tele-therapy options that can be done without having to go into an office.



- Utilize 24/7 Crisis services at the Pawnee Crisis Stabilization Center at 1558 Hayes Drive

If experiencing any symptoms, you can contact:

- Text: talkwithus to 66746
- Call the Disaster Distress Helpline at 1-800-985-5990
- Email: disasterdistress.samhsa.gov
- National Crisis Text Line: text HOME to 741741
- National Suicide Hotline: call 1-800-273-8255

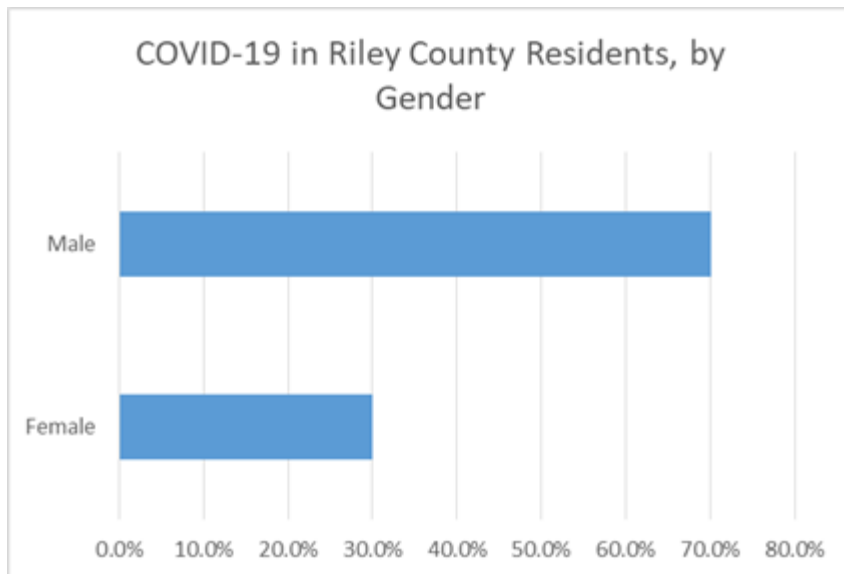
As always- if someone is in immediate danger to themselves or someone else, call 911.

Riley County Statistics for Thursday, April 9, 2020:

- Total positive cases in Riley County Residents: **20**
 - *Total Recovered: **5**
- Pending test results: **18**
- Negative test results: **112**

COVID-19 in Riley County Residents, by Status Type	
Active Case	15
Monitoring, Active	22
Monitoring, Complete	42
Pending Results	18
Recovered Case	5
Tested, Negative	112
Total, Tested Positive	20

COVID-19 Cases in Riley County Residents, by Age Range	
0 - 9 years	0
10 - 19 years	1
20 - 29 years	5
30 - 39 years	4
40 - 49 years	4
50 - 59 years	3
60 - 69 years	3
70 - 79 years	0
80+ years	0



**Note: Following CDC guidelines, patients are to remain in isolation through the duration of illness and are considered to be recovered after the following criteria have been met: At least three days (72 hours) since resolution of fever, without the use of fever-reducing medications and Improvement of respiratory symptoms AND At least seven days have passed since symptoms first appeared <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>*

For more information about Riley County’s response to the Coronavirus (COVID-19) threat, visit the Riley County website at <https://www.rileycountyks.gov/covid19>, follow RCHD on Facebook at <https://www.facebook.com/Rileycountyhealthdepartment/> and Twitter @RileyCoHealth.

###