A Message from the Complex Care Center Behavioral Health Team

Dear CCC patients:

We find ourselves living in an unprecedented time with new situations and challenges arising daily. At this time, while we are temporarily suspending in-person behavioral health (therapy) appointments to ensure your physical health, safety, and well-being, providing for social and emotional wellness needs remains our priority.

The following phone apps offer meditations and other coping skills that may be helpful:

* ***PTSD Coach*** - contains coping and resilience resources such as exercises for deep breathing, positive imagery, muscle relaxation and more
* ***Stop, Think, Breathe***
* ***Smiling Mind***
* ***Liberate***
* ***Headspace***

In addition, the following guidelines may be helpful to you:

* Limit news consumption to reliable sources
* Develop and stick to a daily routine
* Connect virtually with others: text, FaceTime, phone calls
* Maintain healthy lifestyle: eat well, hydrate, get exercise
* Remember to focus on things you can control, avoiding catastrophizing or imagining the worst, keep a gratitude journal

***How can I tell whether I should seek professional help for COVID-19-related stress or anxiety?***

Look for the following warning signs:

* Persistent anxiety, worry, insomnia, or irritability.
* Needlessly avoiding social contacts to the point that you become unnecessarily isolated.
* Persistently checking your body (e.g., taking your temperature many times each day) or persistently seeking reassurance about your health from doctors, friends, family, or the Internet.
* Performing excessive or unnecessary hygiene precautions, such as wearing a facemask at home or repeatedly washing your hands when there is no need to do so.
* Abusing alcohol or drugs, or overeating, as a way of coping with stress.
* Feedback from friends or family that you seem unusually worried or stressed out.

If you find yourself struggling with the anxiety and uncertainty, ***our behavioral health team is able to meet with you via telephone or telemedicine visits***. *Please contact the office at 276-7900 to set up one of these appointments.*

The ***URMC Department of Psychiatry Crisis Call Line*** is also available for support. You can reach them at ***(585) 275-8686***. They will also communicate with the Complex Care Center to keep us informed.