



We are here for you:

If you are someone or you know someone who is needing help please reach out to providers in your area.

Box Butte General Hospital

www.bbhg.org

308-762-6660

Independence Rising

irnebraska.org

308-762-7177

CAPWN

www.capwn.org

308-635-3089

Karuna Counseling

<http://nekarunacounseling.com>

308-249-7853

CrossRoads Resources, LLC

www.crossroadsresourcecellc.com

308-432-3920

Mental Health Alliance

www.mentalhealthalliance.biz

308-225-6572

Cirrus House

www.cirrushouse.org

308-635-1488

North East Panhandle Substance Abuse Center

www.nepsacgordan.org

308-282-1101

Education unit #13

www.esu.13.org

308-635-3696

Region 1 Behavioral Health

Authority www.region1bhs.net

308-635-3173

Human Services Inc.

www.hsinc.org

308-633-7025

Regional West Medical Center

www.rwmc.net

308-630-1268

Stress and Coping

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Get immediate help

- National Suicide Prevention Lifeline: 800-273-TALK (8255) or text HOME to 741741
- Text Line for Suicide Prevention: Text HELPNOW to 20121
- [How to Navigate a Mental Health Crisis \(downloadable guide\)](#)
- Text NAMI to 741-741: Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.
- [National Domestic Violence Hotline](#) – Call 800-799-SAFE (7233)
- [Substance Abuse & Mental Health Services Administration](#): 1-800-662-4357
- Veterans Crisis Line: 1-800-273-8255, press 1
- [Farm and Rural Stress Hotline](#) at 1-800-691-4336
- [Find an international suicide hotline here if not in the U.S.](#)
- [National Farm Medicine Center](#)
- [Agrisafe](#)
- [AgrAbility](#)
- [Rural Health Information Hub](#)
- [How to Take Care of Yourself](#) : Ways to Get Through a Crisis.

Apps to help protect your health

- [Calm Harm](#): Walks you through steps to help you reset and helps you breathe.
- [Headspace](#): Hundreds of meditations for stress, sleep, focus, anxiety, and more.
- [Fabulous](#): Helps you build healthy habits into your day to protect your physical and mental well-being.
- [Noisili](#): Improve focus and boost productivity with different sounds to create the perfect work.
- [Moment](#): Reduce your screen time with short, daily exercises to help you use your device in a healthier way.
- [Aloe Bud](#): organize your thoughts with small, simple reflection prompts to help micro-journal how you're feeling each day.

In this current climate, many of us are worried about ourselves and loved ones due to the coronavirus. While in the midst of the unknown, health officials are urging us all to do our part in “flattening the curve” –a term coined to help halt the spread of the virus.

Sports, schools, businesses and events have been postponed and canceled. We are being called upon to stay home and practice social distancing. In our busy lives, this is usually near impossible and feels foreign. However, this is the time to hunker down and ride it out. Here are some ideas for happy quarantining.

Quarantine and relax

Watching movies is a great way to distract yourself from the not-so-positive news.

Games! Games! Games! Whether it be board games, cards or dice. There are so many fun games to play with your family. Puzzles are also a fun, time-consuming way to spend your day.

Be Productive

For those who find it absolutely physically impossible to relax, use your free time to get ahead on your chores. This is a perfect time for spring cleaning. Go through your stuff to donate at a later time. Embrace change by clearing space and rearranging your living room or bedroom for the summer. Finally, get all the laundry done that has been piling up.

Embrace Creativity

You know all those things you said you've wanted to do but never had the time for? Well, now is your time.

And last but not least Disconnect to connect

Use this time to reconnect with family members that you haven't spoken to in a while.

Reach out to your elders to put them in a positive spirit. This is an especially scary time for them.

Your mental health is a priority. Your happiness is an essential. Your self-care is a necessity.

Nebraska Rural Response Hotline – 1-800-464-0258
Nebraska Suicide Prevention Hotline – 1-800-273-TALK (8255)
Mental Health Crisis Line – 1-877-492-7001
Substance Use Crisis Line - 1-308-762-7177