

If you or your family is experiencing distress and need support call:

- National Parent Helpline 1-855-4 A PARENT or 1-855-427-2736
- Info Children /Parent Helpline 1-778-782-3548
- National Suicide Prevention 1-800-273-8255

Local Crisis Line for Yakima County:

- Comprehensive Crisis Line- 509-575-4200
- NAMI 509-453-8229 (available 24/7)

If you have mental health concerns, or behavioral challenges, and would like to make a referral, call for ongoing services:

- Behavioral Health Services- 509-453-1344
- Comprehensive Health Care-509-575-0484
- Catholic Charities Services- 509-965-7100
- Medicaid / Manage Care Organizations offer Case Coordination Support
- Private Insurances will direct you to authorized service providers

Please remember to take care of yourself during this stressful time, including:

- Taking breaks- go for a walk outside, play outside with your children/family
- Don't watch the news 24/7
- Take time for fun! Do a craft activity with your child, watch a funny movie, be silly
- Reach out to a friend by phone or FaceTime- talk about things other than the virus
- Eat healthy as much as possible
- Get enough sleep
- Try to maintain a daily routine- for you and your children!
- Keep in mind, this will pass- focus on positives as much as possible.