

In challenging times, taking care of ourselves and others is important. Life can leave us feeling stressed, anxious and worried during good times, not to mention during a pandemic, wildfire, or other crisis. In addition, the national dialogue around structural and institutionalized racism and inequality is bringing up a lot of emotions for people. That's why there is no better time than now to talk about how we're feeling.

Our goal is to build resiliency within our community, and to remind everyone that self-care is critical right now, as is connection with our natural networks of support. We need each other now more than ever (even if it can't be an in-person connection)! And when we need more than what our friends and family are able to provide us, professional helping services are available too. It's ok not to be ok all the time, and during hard times like this, it is very normal to need more support and connection.

Let's talk, Nevada County.

*If you need help **right now**, call (530) 265-5811 or toll free at 1-888-801-1437. You can also call the National Suicide Prevention Lifeline at 1-800-273-8255 or text "HOME" to 741741.*



- **Stay connected.** Stay in touch with family, friends and loved ones. Share how you're feeling and ask others how they're doing.
- **Take care of your body.** Get regular exercise, eat well, get lots of sleep, and watch your alcohol and drug intake.
- **Maintain a routine.** During uncertain times, consistency is important. Find a routine that works for you and schedule activities that make you feel good, like morning walks, check-ins with loved ones, listening to music, religious services, support groups, hobbies or other activities.
- **Practice mindfulness.** Meditate, practice deep breathing, pray, think about what you have that you are grateful for.
- **Don't let the news consume your day.** Education is important, but don't forget to take a break from watching or reading the news, including social media.

TAKING CARE OF OTHERS

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- **You don't have to be there to be there.** Reach out to your friends, family and loved ones over phone, text, FaceTime, Zoom, or another platform, especially if they're isolated or disconnected from usual support systems. Or keep it classic and write a letter or a card to someone in your life! Share how you're feeling and ask others how they're doing.
- **Be kind to others.** Social interactions are limited, so try to be kind to people you come across at the grocery store or when doing essential activities. It's a hard time for many people; being kind can make a big difference.
- **Offer help when it's needed.** Familiarize yourself with helping resources, including those on this website, to share with people in your life.
- **Learn how you can help.** Attend a [training](#) or community conversation on mental health or suicide prevention.

RESOURCES

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- **It's OK not to be OK.** Whether you just need someone to talk to or are experiencing a mental health crisis, we have helping resources available. You can find many of these resources [here](#) and we've highlighted a few key ones below:
 - Nevada County Crisis Line: (530) 265-5811 or toll free at 1-888-801-1437
 - [Crisis Stabilization Unit](#) next to the Sierra Nevada Memorial Hospital Emergency Department
 - National Suicide Prevention Lifeline: 1 (800) 273-8255
 - National Crisis Text Line: Text "HOME" to 741741
 - [Additional Resources](#)
- **Resources for everyone.** If you want to talk to someone by phone or in-person, we have you covered. If you prefer to text, we have resources to help. If you're looking for an article or website, we've got that, too.
- **Know the Signs.** Learn about the warning signs of suicide and how to help to talk with someone you're concerned about. [Request a training](#) or visit the [Know the Signs website](#) for more information.