

Haywood County—Mountain Strong

These are difficult times. Many of us are anxious about the future. But we are also reminded of what makes Western North Carolina *Mountain Strong*.

Some call it “toughness.” Others describe it as an ability to “bounce back” quickly in the face of adversity. We call it *Resilience*.

Resilience: An ability to recover from or adjust easily to misfortune or change

On this page are a few ideas from Mountain Projects Prevention Services to help you and your family stay resilient.

Want to know more? Visit our website: mountainstrongwnc.org.

EVERY DAY

- Open the blinds or curtains
- Play upbeat music in the background
- Shower and get dressed
- Eat healthy meals on a regular schedule
- Take a walk or bike ride
- Call at least one friend
- Participate in a family activity

MOUNTAIN STRONG



Mountain Projects Prevention Services

Tips for Parents:

- Limit your child's exposure to the news. Try not to leave the TV on as background noise. Make sure your kids aren't watching or hearing the news without you there to help them understand it.
- Ask your child what they've heard and how they're feeling.
- Clear up any misinformation they have gotten.
- Create a daily routine or schedule
- Encourage them to play (outside if possible).

"Look for the helpers," as Mr. Rogers would say. Find examples of people doing good in the midst of a tough situation. ----- from "What to Say to Kids When the News is Scary," npr.org

LINKS TO MORE RESOURCES:

For young children: www.sesamestreet.org/toolkits/challenges

For school aged children: www.tomsofmaine.com/good-matters/healthy-feeling/building-resilience-in-children-using-fun-games

For teens: www.parentandteen.com/building-resilience-in-teens

For adults: www.apa.org/topics/resilience

Interested in more resiliency tips, let us know at: mountainstrongwnc.org

Haywood County Website: www.haywoodcountync.gov - click Coronavirus/COVID-19 banner at the top for the latest updates and credible information from the County, including community resource lists, such as mental health, food and economic resources.

Haywood County Call Center: (828) 356-2019 is staffed Monday through Saturday, 8am - 6pm to answer questions about Coronavirus/COVID-19, government updates, and community services. Call center staff will make referrals to the *Community Resource Unit* for individuals needing assistance while quarantined, and medical questions are answered by registered nurses.

Haywood County DHHS: Apply for Food & Nutrition Services, Medicaid, Work First or WIC benefits by calling (828) 452-6620 (FNS/Medicaid/Work First) or (828) 452-6675 (WIC/Public Health). HNSA Facebook page: <https://www.facebook.com/haywoodcountync.gov/>

Additional Community Resources: Haywood County Coronavirus Community Assistance Facebook group and www.helpinghaywood.com website



Quitline NC– What is it?

- An evidence-based telephone tobacco treatment service
- Available free to all North Carolina residents
- Accessible 24 hours a day, 7 days a week
- Integrated with an interactive web-based tobacco treatment program
- **Online registration Web only treatment program Text service**
- **NEW: QuitlineNC Behavioral Health Program**
- **For more information please visit QuitlineNC.com or call 1-800-QUIT-NOW (1-800-784-8669)**

Covid-19 Resources for Families :

<https://nyulangone.org/news/covid-19-mental-health-resources-families/covid-19-mental-health-resources-families-2020>

<https://www.goodhousekeeping.com/life/parenting/a31668169/coronavirus-homeschool-work-from-home-tips/>

<https://www.parents.com/>

AA Online Meetings - Alcoholics Anonymous <https://www.aaonlinemeeting.net> **AA Hotline:** 800.524.0465

NA Recovery - Narcotics Anonymous Chat and Online NA ... <http://na-recovery.org/>

Celebrate Recovery- <https://www.celebraterecovery.com/resources/cr-tools/crcr>

Suicide Hotline 1-800-273-TALK or text “TALK” to 741741

VAYA Health- <https://www.vayahealth.com/> 24/7 Access to Care Line- 800-849-6127

Region A Partnership for Children: <https://rapc.org/>

30th Judicial District Domestic Violence-Sexual Assault Alliance, Inc www.30thalliance.org