

## TIPS FOR EMBRACING BALANCE & WELL-BEING

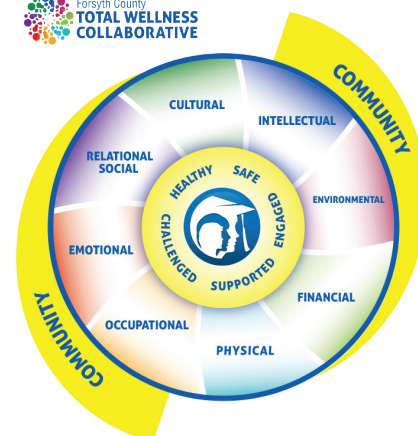
### 10 MENTAL HEALTH REMINDERS FOR VENTURING INTO SUMMER MONTHS... in between washing hands and mask wearing, of course.

Source: Dr. Harriet Lerner and Simran Sethi, [nytimes.com](https://www.nytimes.com)

- 1 Stay informed but limit news time.** Under stress, people are less likely to rethink the filters through which they see reality. It's our responsibility to pay attention to trusted sources and to follow up-to-date instructions.
- 2 Put the pandemic in perspective, practice gratitude and blessings.** Everyone is confronting challenges we may not fully recognize or understand.
- 3 Identify the Source(s) of your anxiety.** if we can identify our anxiety-driven reactivity, "we can get some distance from it, rather than being propelled into action before we have calmed down enough to do our best thinking.
- 4 Refrain from Shaming and Blaming.** We are all different, but we are in this together.
- 5 Don't be afraid to ask for help.** You may choose not to follow the advice you seek, but it's essential to have other perspectives.
- 6 Don't procrastinate about preparing for the worst.** Do your best to get a couple of extra weeks' supply of food or medication. If you feel stuck, ask a friend to push you to act and help you make wise decisions about how much you need of what.
- 7 Connect, Connect, Connect.** Use the phone, text, email or a social distance fire pit night to stay connected to friends, neighbors, family, anyone who matters to you.
- 8 Practice self-compassion.** Anxiety, comparisons and fear isn't fun, but it signals that we are fully human. Give yourself some room for grace.
- 9 Don't skip the self-care.** Slow down, engage in healthy practices. therapy, healthy diet, exercise, yoga, meditation, religious and spiritual practices can help sustain regular routines that bring comfort and stability.
- 10 Don't let fear and anxiety become pandemics too.** We should not let fear lead us into isolation or stop us from acting with clarity, compassion and courage. It's important to try to manage our own anxiety and do our best not to pass it on to others.

### Think Outside the Box

Think of what we could accomplish if we leaned into the growth mindset and used our passions and interests to help others. This is the perfect time to start reaching out to others in need. In the [video](#), Molly never stops inventing and the world around becomes more fun and creative. How can you use your creativity and passions to help make the world a better place?



### Our growth model comprises eight attributes of wellness.

TWC looks at these areas to gather information from the community on resources and opportunities for wellness.

Do all the good YOU CAN.  
**BY** all the means you can.  
IN ALL THE WAYS YOU CAN.  
**IN ALL THE PLACES** YOU CAN.  
At all the times YOU CAN.  
**To ALL THE PEOPLE**  
**AS LONG** as you ever can.

John Wesley

### Find ways to give to your community.

Local ways to give and volunteer:

[United Way - Forsyth](#)  
[The Place of Forsyth](#)  
[Meals by Grace](#)

# SUMMER CAMP

Some parents will be looking for activities and day camps for children to attend as they feel comfortable. There are also plenty of virtual camps and activities for those interested. Here are websites who frequently update local camp openings for Summer 2020:

[alpharetta.macaronikid.com](http://alpharetta.macaronikid.com)  
[cumminglocal.com](http://cumminglocal.com)  
[canton.macaronikid.com](http://canton.macaronikid.com)  
[activityhero.com/in/cumming-ga](http://activityhero.com/in/cumming-ga)  
[forsythco.com](http://forsythco.com)

Other local camps:

[dojodifference.com](http://dojodifference.com)  
[i9sports.com](http://i9sports.com)  
[pinecrestacademy.org](http://pinecrestacademy.org)  
[ymcaatlanta.org](http://ymcaatlanta.org)  
[outoftheboxartstudio.com](http://outoftheboxartstudio.com)  
[unitedfa.org](http://unitedfa.org)

## SUPPORT AND RESOURCES

### Parenting tips

[Dealing with attention problems](#)

[Dealing with anxiety](#)

[Dealing with academic problems](#)

[Dealing with depression](#)

### Therapeutic Groups

[beyondtodaycounseling.com](http://beyondtodaycounseling.com)

### Educator Panel

[Being OK with Being Cautious](#)

## Emotional Support and Additional Resources

The Georgia COVID-19 Emotional Support Line provides 24/7 free and confidential assistance to callers needing emotional support or resource information as a result of the COVID-19 pandemic. The Emotional Support Line is staffed by volunteers, including mental health professionals and others who have received training in crisis counseling.

A partnership between The Georgia Department of Behavioral Health & Developmental Disabilities, Beacon Health Options and Behavioral Health Link

Georgia COVID-19  
Emotional Support Line  
**866-399-8938**

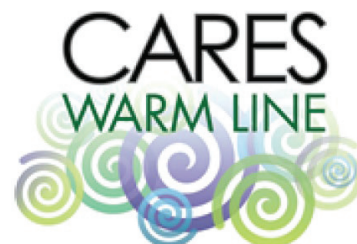


Georgia Crisis  
& Access Line

1-800-715-4225  
mygal.com

Sponsored by the  
Georgia Department of Behavioral Health & Developmental Disabilities

Georgia Crisis & Access Line (GAL) is available 24 hours a day, 7 days a week, and 365 days a year to help you or someone you care for in a crisis



CARES Warm Line  
1-844-326-5400

Substance Abuse Challenges  
Call or text every day of the year  
8:30AM-11:00PM



### COVID-19 Hotline (844) 442-2681

The State of Georgia has a new COVID-19 hotline. If you believe that you are experiencing symptoms of COVID-19 or have been exposed to the novel coronavirus, please contact your primary care doctor or urgent care clinic. Please do not show up unannounced at an emergency room or health care facility.

Hall County Health Dept COVID-19 line: (770) 561-5600

### Peer2Peer Warm Line

Operating since the opening of the Peer Support and Wellness Center of Decatur in 2008, the warm line provides Georgians the opportunity to receive peer support over the phone 24 hours a day.

#### How to contact the Peer2Peer Warm Line

- Call 888-945-1414 (toll-free) statewide, or locally:
  - Decatur: 404-371-1414
  - Bartow County: 770-276-2019
  - Colquitt County: 229-873-9737
  - Henry County: 678-782-7666
  - White County: 706-865-3601

PEER2PEER Warm Line

PEER SUPPORT FOR GEORGIA  
**888-945-1414**  
24/7/365  
[www.peer2peer.center](http://www.peer2peer.center)

This service is offered as part of the Georgia Mental Health Consumer Network and is funded through a contract with the Georgia Department of Behavioral Health and Developmental Disabilities.

The Peer2Peer Warm Line has been in operation since the opening of the Peer Support and Wellness Center of Decatur in 2008. It provides Georgians the opportunity to receive peer support over the phone 24 hours a day. A Certified Peer Specialist is a person with lived experience recovering from behavioral health concerns, who has received special training to be able to listen with empathy, and who can provide assistance and resources to others.

### Who calls the Peer2Peer Warm Line?

- ▶ People who live with chronic behavioral health conditions like depression or anxiety
- ▶ People who are experiencing life's challenges, such as grief, or unemployment
- ▶ People who have limited mobility, but want to remain connected to others
- ▶ People who are recovering from trauma, and need support