



Lassen COVID-19: Incident Command



DAILY UPDATE FOR IMMEDIATE RELEASE

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To date, the Lassen County COVID-19 (novel coronavirus) total tests are as follows:

0 - Known cases
81 - Negative
4 - Pending
85 - Total Tests

Governor Newsom's stay at-home-order is entering its fourth week, and many individuals may be experiencing increased stress and anxiety due to finances, daily schedules, or concern for the coming days and weeks. It is extremely important to be mindful of the mental wellness of yourself and those around you. The CDC states that if individuals have pre-existing mental health conditions, they "should continue with their treatment and be aware of new or worsening symptoms." If stress gets in the way of daily activities for several days in a row, the Centers for Disease Control and Prevention (CDC) recommends individuals to call a healthcare provider.

- For additional information for coping with stress and anxiety, please visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>.

California has created a subsection of its website labeled California Coronavirus (COVID-19) Response. This is a great resource for information about coping with stress during the COVID-19 pandemic.

- If you are experiencing overwhelming sadness, depression, or anxiety, or feel as though you want to harm yourself or others, call the National Suicide Prevention Hotline at (800) 273-8255 (TALK).
- If you are coping with stress through the use of alcohol or drugs, you can call the national treatment locator at (800)-662-4357 (HELP).

The Lassen County Behavioral Health Department provides valuable information on its website at <http://lassencounty.org/dept/behavioral-health/covid-19-updates>, including the following resources:

- SAMHSA's Disaster Distress Line: Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.
- Teen Line: Call (310) 855-HOPE or (800) TLC-TEEN (nationwide toll-free) from 6pm to 10pm PST or Text "TEEN" to 839863 between 6:00pm-9:00pm PST to receive person teen-to-teen education and support.
- The Peer-Run Warm Line: Call 1-855-845-7415 for peer-run non-emergency emotional support.

For additional information and updates, please visit our website at www.lassencares.org and the LassenCares Facebook page. If you have any questions regarding COVID-19, please call the Lassen County COVID-19 call center at (530) 251-8100 Monday through Friday 8:00 am to 5:00 pm.