

# Mental Health

# Helpful Tips

National Suicide Prevention Lifeline  
1-800-273-TALK (8255)  
1-888-628-9454 (Spanish)  
Suicidepreventionlifeline.org

KBHRS Crisis Hotline  
1-800-991-5272

National Alliance on Mental Illness  
Nami.org

MET evaluation (active suicidal thoughts with plan)  
661-327-7111

## Helpful Apps

**Safety Plan**  
Having a plan in place that can help guide you through difficult moments can help you cope and keep you safe. Through this app, you can customize your own warning signs that a crisis may be developing; coping strategies for dealing with suicidal urges; places for distraction; friends and family members you can reach out to; professionals you can call; methods of making your environment safe; and your own important reasons for living.

## Sanvello

Popular app for stress, anxiety and depression. Use Sanvello to manage daily mental health with tools like mood and health tracking, mindfulness meditation and cognitive behavior therapy.

## Anxiety Coach

Is a self-help app that addresses fears and worries using CBT strategies. The app walks you through making a list of feared activities and helps you master them, leading to less fear and worry. The app includes tools for a severity self-test, making a plan, anxiety tracking and viewing your progress.

## What's Up

What's Up? is a free app that uses some of the best CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with depression, anxiety, stress and more. The app features a beautiful, modern design, simple headings and easy-to-follow methods to help you navigate to what helps you the most.

## SAM

SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviors overtime and manage your anxiety through self-help exercises and private reflection.

## Physical Techniques

*These techniques use your five senses or tangible objects — things you can touch — to help you move through distress.*

### 1. Put your hands in water

Focus on the water's temperature and how it feels on your fingertips, palms, and the backs of your hands. Does it feel the same in each part of your hand?

Use warm water first, then cold. Next, try cold water first, then warm. Does it feel different to switch from cold to warm water versus warm to cold?

### 2. Pick up or touch items near you

Are the things you touch soft or hard? Heavy or light? Warm or cool? Focus on the texture and color of each item. Challenge yourself to think of specific colors, such as crimson, burgundy, indigo

### 3. Breathe deeply

Slowly inhale, then exhale. If it helps, you can say or think "in" and "out" with each breath. .

### 4. Take a short walk

Concentrate on your steps — you can even count them. Notice the rhythm of your footsteps and how it feels to put your foot on the ground and then lift it again.

### 5. Hold a piece of ice

What does it feel like at first? How long does it take to start melting? How does the sensation change when the ice begins to melt?

### 6. Move your body

Do a few exercises or stretches. You could try jumping jacks, jumping up and down, jogging in place, or stretching different muscle groups one by one.

Pay attention to how your body feels with each movement and when your hands or feet touch the floor or move through the air. How does the floor feel against your feet and hands?

7. Take a few moments to listen to the noises around you. Do you hear birds? Dogs barking? Machinery or traffic? If you hear people talking, what are they saying? Do you recognize the language? Let the sounds wash over you and remind you where you are.

### 8. Try the 5-4-3-2-1 method

Working backward from 5, use your senses to list things you notice around you. For example, you might start by listing five things you hear, then four things you see, then three things you can touch from where you're sitting, two things you can smell, and one thing you can taste.

## Mental techniques

*These grounding exercises use mental distractions to help redirect your thoughts away from distressing feelings and back to the present.*

### 9. Play a memory game

Look at a detailed photograph or picture for 5 to 10 seconds. Then, turn the photograph face-down and recreate the photograph in your mind, in as much detail as possible. Or, you can mentally list all the things you remember from the picture.

### 1. Think in categories

Choose one or two broad categories, such as "ice cream flavors," "mammals," or "baseball teams." Take a minute or two to mentally list as many things from each category as you can.

### 11. Recite something

Think of a poem, song, or book passage you know by heart. Recite it quietly to yourself or in your head. If you say the words aloud, focus on the shape of each word on your lips and in your mouth. If you say the words in your head, visualize each word as you'd see it on a page.

### 12. Use an anchoring phrase

This might be something like, "I'm Full Name. I'm X years old. I live in City, State. Today is Friday, June 3. It's 10:04 in the morning. I'm sitting at my desk at work. There's no one else in the room."

You can expand on the phrase by adding details until you feel calm, such as, "It's raining lightly, but I can still see the sun. It's my break time. I'm thirsty, so I'm going to make a cup of tea."

### 13. Describe what's around you

Spend a few minutes taking in your surroundings and noting what you see. Use all five senses to provide as much detail as possible. "This bench is red, but the bench over there is green. It's warm under my jeans since I'm sitting in the sun. It feels rough, but there aren't any splinters. The grass is yellow and dry. The air smells like smoke. I hear kids having fun and two dogs barking."

## Soothing Techniques

*You can use these techniques to comfort yourself in times of emotional distress. These exercises can help promote good feelings that may help the negative feelings fade or seem less overwhelming.*

### 14. Picture the voice or face of someone you love

If you feel upset or distressed, visualize someone positive in your life. Imagine their face or think of what their voice sounds like. Imagine them telling you that the moment is tough, but that you'll get through it.

### 15. Practice self-kindness

Repeat kind, compassionate phrases to yourself: "You're having a rough time, but you'll make it through." "You're strong, and you can move through this pain." "You're trying hard, and you're doing your best." Say it, either aloud or in your head, as many times as you need.

### 16. Touch something comforting

This could be your favorite blanket, a much-loved T-shirt, a smooth stone, a soft carpet, or anything that feels good to touch. Think about how it feels under your fingers or in your hand.

If you have a favorite sweater, scarf, or pair of socks, put them on and spend a moment thinking about the sensation of the fabric on your skin.

### 17. Listen to music

Put on your favorite song, but pretend you're listening to it for the first time. Focus on the melody and lyrics (if there are any). Does the song give you chills or create any other physical sensations? Pay attention to the parts that stand out most to you.

# Food

## **MLK CommUnity Initiative Food Distribution on 3/18**

1116 E. California Ave.

9am to 11 am

- Arrive early.
  - Drive up to receive your food, do not get out of your car, a volunteer will come to you.
  - Once you have received your box of food, please keep moving, do not hold up traffic.
- If you are a walk up, please consider the social distance of six feet apart while in line.

## **All BCSD & KHSD Schools**

11am-1pm

Ages 2-18 (including 18)

Sack lunch and a cold breakfast for the following day will be handed out. Children can come without parent.

**Gleaners Food Bank:** 1326 30th St., Bakersfield, Ca 93301  
Families or students (15 yrs. & older) may arrive at 7:30am and volunteer an hour of time and will receive a week's worth of food.

## **Blessing Box Foundation:**

Box/pantries are set up at each of the following locations where non-perishables can be donated and/or taken by those in need.

- *First Congregational Church:* 5 Real Rd., Bakersfield, Ca 93309
  - *Sleepy Baby Box Foundation:* 3803 Union Ave., Bakersfield, Ca 93305
  - *Bakersfield Family Church:* 105 Wilson Ave., Bakersfield, Ca 93308
  - *Calvary Full Gospel Church of Oildale:* 222 Circle Dr., Bakersfield, Ca
- American Hotel:* 910 Baker St., Bakersfield, Ca 93305

**St. Vincent de Paul Church:** 300 Baker St., Bakersfield, Ca 93305

Meals will be served Monday through Friday at 9am & 12pm and Saturday at 9am

**Bakersfield Family Church:** 105 Wilson Ave., Bakersfield, Ca 93308

Meals served every Tuesday from 11am to 1pm

**The Mission Homeless Shelter:** 816 E. 21st St., Bakersfield, Ca 93305

Meals served daily at 6:30am, 11am & 5pm

**Compassion Christian Center:** 1030 4<sup>th</sup> St., Bakersfield, Ca 93304

Meals will be served Wednesdays at 9:30am

\*211\* [www.kerncounty211.org](http://www.kerncounty211.org)

# Household

## **Internet**

If students don't have internet they can call 1-844-488-8398 during the school shutdown for free internet from Spectrum.

## **PG&E**

**No disconnections:** PG&E will not disconnect any customer's power for nonpayment during this health crisis.

**Encouraging CARE:** We also have a program in place called CARE that helps reduce bills for customers facing economic hardships. Please see if you qualify for this program at [www.pge.com/care](http://www.pge.com/care).

# Essentials

**Public Safety:** Fire and Sheriff emergency services will be fully staffed. In case of an emergency, call 911. Substations will remain open, unless the courts close.

**Aging and Adult Services:** Meals on Wheels will continue as scheduled, Senior Centers will be closed to protect population. Minimal staffing for Adult Protect Services & Conservatorship.

**Agricultural Commissioner's Office:** Will conduct exotic pest trap services & provide export certification inspections for produce shippers as needed.

**Animal Services:** Local animal shelters will close to the public. Essential functions are available on-line. Animal Control Officers will be available on an emergency basis.

**Assessor/Recorder:** Assessor's Office closed 03/17-04/14  
The Recorder's Office & Hall of Records closed to walk-in customers; services can be performed online, by phone or by mail.

**Auditor-Controller, County Clerk & Elections:** Elections will be open for observers.

**Behavioral Health & Recovery Services:** Crisis Hotline services will be uninterrupted and are available 24/7 at 800-991-5272. All clinics will remain open with minimal staffing and the mobile evaluation team will be operational.

**Child Support Services:** Bakersfield & Superior Court locations are closed. Online inquiries & requests are still being processed.

**District Attorney:** The District Attorney's Office & Kern Regional Crime Lab continue all operations with minimal staffing levels, unless courts close. Limited access to lobby.

**Employers Training Resource:** Closed

**Human Services:** All Critical services will be provided to the public through minimal staffing during the hours of 7:30 AM to 1:00 PM. Services or information may be available by calling (661) 631-6000. Applications for benefits may be made online at [www.c4yourself.com](http://www.c4yourself.com).

Applications for CalFresh may be made at (661) 631-6062 and applications for Medi-Cal benefits can be made by calling 1-800-300-1506. If you suspect child abuse or neglect, please call the Child Abuse Hotline at (661) 631-6011 (can be made at any time).

**Library:** Closed. Checked out materials will not be due during days the library is closed. eLibrary is always open! Visit [kerncountylibrary.org/elibrary](http://kerncountylibrary.org/elibrary) to get started checking out eBooks, eAudiobooks, and more!

**Parks Facilities:** County Parks will be open and Park Rangers will be patrolling. Overnight camping is not available at this time. Rangers and parks attendants will be at gates.

**Probation:** Facility will remain fully-staffed, unless the court closes. If they close, minimal staffing.

**Public Defender:** All cases and court dates will continue as previously scheduled, unless the court closes. If courts close, buildings will also close and run minimal staffing. Phone appointments where possible.

**Public Health:** Closed to public. Labs will remain open and birth and death certificates will be processed. Call center and EMS will remain fully functional.

**Public Works:** Roads and landfills will be operational, building inspection will be done with minimal staffing. Construction Inspection, Transit Cash Counting and Transportation Permits all available.

**Street Repair Requests:** Kern County Public Works will maintain essential services -road maintenance and flood control as needed.

**Veterans Services:** All offices will be closed. Services will be offered through phone appointments and interviews. Documents can be dropped off at the Bakersfield location.

**Waste Management:** Landfill and collection services will continue at regular staffing.