



Behavioral Health Information for Patients of Greater Portland Health

(207) 874-2142

<http://www.greaterportlandhealth.org/>

Behavioral Health Services at GPH:

- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. Greater Portland Health can help connect you with behavioral health services.
- If you are a behavioral health patient and concerned about attending your appointment, please reach out to your behavioral health provider. Your provider will let you know if virtual or phone options are available for your appointment.
- Call Maine 2-11 for information about phone peer support, free online support groups, and resources for meeting basic needs including food, medical needs, and shelter.
- If you are in a mental health crisis, call the statewide crisis line at (207) 774-HELP (4357)

Information from the CDC:

- Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.
- Key Facts: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/share-facts.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fshare-facts.html

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- CDC Information about Mental Health and Coping: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html

Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\), Division of Viral Diseases](#)