

## **NEW mental health resources during COVID**

### **WA Listens**

A new program that provides nonclinical support to people experiencing elevated stress due to COVID-19. Call 1-833-681-0211 to be connected to a live support specialist. The support specialist will listen and connect you to community resources in your area. The program is anonymous and no identifying information is maintained. [www.walistsens.org](http://www.walistsens.org)

### **YIRT**

Volunteers of America Western Washington's Behavioral Health Services, in coordination with Snohomish County Human Services, is pleased to announce the **Youth Incident Response Team (YIRT)**. YIRT is a specialty program that will provide free, short-term crisis intervention and prevention services to families, schools and communities which have experienced a significant community-based trauma involving or impacting youth. The team consists of Mental Health Professionals with specialized training in trauma-informed care and Disaster response. They will utilize strength based, solution-focused, culturally competent trauma informed approaches. This service is available throughout Snohomish County during regular business hours: Monday through Friday, 8am—5pm to individuals and groups.

To access these services, contact the 24/7 Care Crisis Line at 1-800 584-3578 or email Pat Morris, YIRT Project manager at [pmorris@voaww.org](mailto:pmorris@voaww.org)

### **Community COVID Outreach Counselors Program**

The Community COVID Outreach Counselors Program can provide emotional support services to residents of Snohomish County whose mental health has been impacted by COVID-19.

Snohomish County residents living through the COVID pandemic will experience varying degrees of anxiety, trauma, stress and depression. Community COVID Outreach Counselors will provide short-term interventions designed to provide emotional support and to connect residents with needed services and resources. Community COVID Outreach Counselors will receive direct referrals as well as referrals from 211, family members, friends, co-workers, teachers, neighbors and others concerned about how individuals are coping with COVID induced changes. The Counselors will provide short-term interventions that help citizens understand their current situation and reactions. **To access the service, residents in need may call 2-1-1.**

### **How Right Now**

"How Right Now" is an initiative to address people's feelings of grief, loss and worry during the pandemic. Overall, it aims to increase people's ability to adapt and be resilient during this time. The [How Right Now initiative](#) is funded by the CDC Foundation. They invite you to begin sharing materials from the How Right Now initiative with a [toolkit](#) that contains a variety of materials that you can use to support the rollout with the communities you serve. Each of these materials are created based on audience research. These include sharable graphics to promote the website to share on your organization's communications channels; sharable coping strategy graphics that provide simple techniques for supporting emotional wellbeing and more.