

News Release

For Immediate Release

December 22, 2020

Contact: Heidi Wheeler, Assistant Director at heidi@swhealth.ne.gov or 308-345-4223

Support for Mental Health During the Holidays

The holiday season can be a difficult time of year; even more so with the added stress and changes that have come this year with the COVID-19 pandemic. Southwest Nebraska Public Health Department (SWNPHD) encourages residents to reach out to friends and neighbors who may be struggling and offer support. There are also several resources that residents can access over the phone or online to get support for themselves or a loved one.

myStrength app is an evidence-based free and confidential app that is available 24/7. myStrength is a personalized, digital program that includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. You can track preferences and goals, current emotional states, and ongoing life events to improve your awareness and change behaviors. myStrength includes dedicated resources for coping during COVID-19. A download link can be found on the Region 2 Human Services website www.r2hs.com or at <https://app.mystrength.com/signup/R2HS?pc=R2HScommunity>. The myStrength app is available in English and Spanish.

Nebraska Strong Recovery Project is an outreach program working with individuals, families, and communities impacted by the COVID-19 pandemic in the state of Nebraska. They provide community-based support and education to help Nebraskans cope during this stressful time. Call the Nebraska Rural Response Hotline at 1-800-464-0258 or the Nebraska Family Helpline at 1-888-866-8660 to get free and confidential help.

QPR stands for Question, Persuade, Refer. This is a suicide prevention training that is easy to learn and can save lives just like CPR for heart attacks. QPR, stress management trainings or community support groups can be set up virtually and are free. Contact Region 2 Human Services at (308)534-6029 to set up a training for your agency or community.

“The goal of these resources is to help people better manage and deal with the frustration, fatigue and pain that can come with long-term stress or grief. It helps to learn how others cope and know that they are not alone in how they’re feeling,” notes Heidi Wheeler, Assistant Director at SWNPHD.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow us on Facebook, Twitter, and Instagram or view the website at www.swhealth.ne.gov.

###