

VETERAN MENTAL HEALTH RESOURCES

Northern Arizona VA Health Care System

928-445-4860

www.prescott.va.gov/services/Mental_Health_Services.asp

Facebook.com/VAPrescott

www.va.gov/prevents/

facebook.com/weareprevents/

Veteran's Crisis Line

1-800-273-8255, Text 838255

www.facebook.com/veterans.crisisline.1/

Vet Center

928-778-3469

www.va.gov/directory/guide/facility.asp?ID=381

Be Connected

1-866-4AZ-VETS (429-8387)

www.beconnectedaz.org/

ADDITIONAL RESOURCES

TRANSPORTATION

Yavapai Regional Transit (928) 636-3602

www.yavapairegionaltransit.com/

HOUSING/SHELTER

U.S.VETS (928) 583-7201

facebook.com/usvetsprescott/

Veteran's Resource Center — SSVF (928) 227-3590

facebook.com/Northern-Arizona-Veterans-Resource-Center-Prescott-1604725103101078/

Catholic Charities Community Services SSVF (928) 708-7200

www.facebook.com/CatholicCharitiesAZ/



Helpful tips during COVID-19 Stay at Home Order

- ◆ **Keep a routine**

Whether you're working, working from home or staying at home, routines help maintain consistency

- ◆ **Stay Active**

Talk a walk, go for a bike ride, garden, try an exercise class online. Local gyms may be offering free exercise classes online (Prescott YMCA)

- ◆ **Stay Connected**

Remember, we're encouraged to practice *physical* distancing, not social isolation. Call friends, family, video chat, join a video blog

- ◆ **Tackle home projects**

Make a list of things you've been putting off and work on what you can

- ◆ **Self—care**

Find time to focus on activities that help relieve stress and promote relaxation. There are many free online activities: art classes, lectures and trainings, courses through colleges

- ◆ **Patience**

This is a new experience for all, be patient with others and yourself. Allow time to adjust and adapt as needed, it's important to respond to your physical and mental needs, our version of normal is going to be different

- ◆ **Reach Out**

Yavapai County has various organizations that are providing ongoing support during this time. Check in with local resources if you're in need of food, utility, mental health, employment or resources, etc.