



Chippewa County & Community Partners Present Coping with COVID-19

Is your family struggling with this pandemic?

SELF-CARE

Reframe “I am stuck inside” to “I can focus on my home and myself”.

- ◇ Doing one productive thing per day can lead to a positive attitude.

Stay close to your normal routine

- ◇ Maintain your normal structure. Wake up and go to bed around the same time, eat meals, shower, adapt your exercise regimen, and get out of your PJ's. Sticking to your normal routine will make it easier to readjust to the outside world when it's time to get back to work.

Avoid obsessing over endless media coverage (especially regarding COVID-19)

- ◇ Choose only certain credible websites (who.int or cdc.gov). Limit your amount of time each day listening to the news.

A chaotic home can lead to a chaotic mind

- ◇ With all the uncertainty happening outside your home, focus on controlling what you can. Maybe consider cleaning, or reorganizing your home as an activity to keep your mind focused on self care.

Start a new quarantine ritual or self-care activities.

- ◇ Write a story, scrapbook, paint, bake, journal, play games, learn a new language, build a fort, do yard work, make freezer meals...these are just some examples.

Talking with children

- ◇ Remember that children are feeling these changes as well. You can help by taking the time to listen/talk with your children and answer their questions. Visit CDC.gov for accurate information.

RESILIENCE

Adversity can make it difficult to take care of ourselves. Here are five ways to help build resiliency during this time.

1. **Prioritize healthy relationships:** Have you tried connecting with your close family and friends virtually? Try some of these free virtual/video chat apps for phones, tablets and computers (www.zoom.us, www.skype.com or www.duo.google.com). All participants need is an email address, internet connection, and a web or phone camera.
2. **Take care of your body:** It's easier to maintain mental and emotional balance when you feel healthy. Make an effort to get enough sleep, eat well, and exercise three or more times a week.
3. **Avoid negative outlets:** Look for healthy ways to process difficult emotions. Trying to escape these emotions through harmful activities such as substances or overeating can create more stress. Have you heard of telehealth services? Contact your primary doctor to obtain information regarding expanded telehealth services for mental health, substance abuse, and general health concerns.
4. **Practice self-awareness:** When stressful events occur, it is important to take a step back and reflect before we react, start a personal journal of your daily events and emotions.
5. **Learn from the past:** Recognize who or what was helpful (or unhelpful) the last time.

During these uncertain times, there is support for you.

Check out these local resources for the support you may need.



CHIPPEWA FALLS AREA UNIFIED SCHOOL DISTRICT



HSHS
St. Joseph's
Hospital



Marshfield Clinic
Health System

MEDICAL NEEDS

Marshfield COVID Informational Helpline: 877-998-0800

For patients and community members with no symptoms.

Marshfield Clinic Nurse Triage Line: 844-342-6276

24/7 Phone line for people who have fever, cough, shortness of breath or are at COVID risk.

HSHS/Prevea COVID Hotline: 1-800-889-3931

Marshfield Clinic Community Connections Team: 715-858-4443

For people with social needs, housing, jobs, medication costs, transportation, utility assistance and other help.

Open Door Clinic: 715-720-1443

Chippewa Falls—Free medical clinic
Every Tues 5pm-7pm

HELPFUL RESOURCES

- Northwest Connections Crisis Line: 1-888-552-6642
- Disaster Distress Hotline: 1-800-985-5990 or text 66746
- Resource Hotline: 211
- Alcohol & Other Drug Abuse Hotline: 1-800-662-4357
- FoodShare and Badgercare Applications, please visit www.access.wisconsin.gov or call 1-888-283-0012.
- To discuss fears and anxiety, please contact Monarch House Mental Health Warm Line at 715-505-5641
- Text HOPELINE(741741) for help with feelings of suicide and depression.

RESOURCES

FAMILY SUPPORT CENTER

Main phone: 715-723-1138 24/7 advocacy hotline: 1-800-400-7020

Individuals and families experiencing domestic violence, sexual assault, and other forms of interpersonal violence still can access support and advocacy through Family Support Center (FSC). If you don't feel safe at home, you do not need to stay at home, and we can help you access safe sheltering options during this time. If relationship issues are escalating during this time, please call us for services and support.

COUNSELING RESOURCES

- Prevea Behavioral Health Chippewa Falls (715) 717-5825
 - Marriage and Family Therapy (715)832-0238
 - Aurora Community Counseling (888)261-5585
 - L.E. Phillips detox services (715)723-5585
- Accepting new patients for in person and telehealth
Ask to be seen in Chippewa Falls - Accepting new patients telehealth
Chippewa Falls—Emergency appointments only
Chippewa Falls—Accepting new patients telehealth

This is not a comprehensive list, other hospitals and clinics may continue to offer services in addition to expanded telehealth, please contact your health provider to find out if you could connect with a therapist virtually during these difficult times.

FOOD RESOURCES:

{Delivery may be available, please call for details}

Bloomer:

Bloomer Food Pantry (715) 568-3733
808 Jackson St., Bloomer
Fridays 10:00am-4:00pm

Cadott:

Cadott Christian Comm. Center (715) 289-4845
329 Main St., Cadott
Fridays 1:00p.m.-4:00p.m. serving (Serving Cadott school district)

Chippewa:

Agnes Table (715) 579-6173
24 W. Grand Ave., Chippewa Falls
Tues & Thurs 5:30p-6:30pm and Wed & Fri 7:30am-10:30am

Barnabas Coffeehouse - Mary (715) 214-4186
19 W. Spring St., Chippewa Falls
Mon, Wed, Fri 5:00pm-6:00pm.
Friday also provides supper for Saturday for everyone and Saturday breakfast and lunch for children only.

First Presbyterian Church (715) 723-5717
130 W. Central St., Chippewa Falls
Tues & Thurs 10:00am-Noon

Valley Vineyard Church (715) 861-3523
910 Bridgewater Ave., Chippewa Falls
Tues & Thurs 5:00pm-7:00pm
Customers can only attend once per week

Salvation Army (715) 726-9506
521 N. Bridge St., Chippewa Falls
Open on Mon. & Wed. 9:00am-Noon and 1:00p.m.-4:00p.m., Thurs-
days 9:00am-Noon and 1:00p.m. to 5:00p.m.

Cornell/Lake Holcombe:

Cornell-Lake Holcombe Food Pantry - Ann (715) 202-3531
401 South 2nd St., Cornell
Every Tues 4:00p.m.-7:00p.m., parking lot distribution
City-wide distribution on Thursday nights at Cornell High School
parking lot until May 21—4:00p.m.-6:00p.m.

Jim Falls:

Jim Falls Methodist Church - Bob (715) 577-2705
13883 County Hwy. S, Jim Falls
Mondays - 4:00pm-6:00pm (Application required)

Stanley:

Trinity Christian Fellowship Church (715) 644-5532
W11581 Cty. Rd. X, Stanley
First and Third Tuesday of the month- 5pm-6pm

Our Saviors Lutheran Church (715) 644-0644
147 E. 4th Ave, Stanley
First Thursday of the Month, 4:00-6:00p.m.
(Serving Stanley-Boyd School District)

TRANSPORTATION:

Shared Ride Taxi: 715-723-3000

Ready Ride: 715-864-2409

EMPLOYMENT INFO:

Department Workforce Development (715)723-2248

DWD helps consumers identify employment in our community and assists with job applications.

Other websites to find jobs:

- WEAU Job Board— www.weau.com/jobsearch
- Occupation Online— www.onetonline.org
- Indeed Job Board— www.indeed.com
- WI Economic Development— www.wedc.org/essentialbusiness

File for unemployment, please visit dwd.wisconsin.gov/ui/
Or call 414-435-7069

ONLINE RECOVERY GROUPS:

12 Step Meetings:

<https://12steps.org/social/online-meeting-calendar/>
<https://www.myrecovery.com/online-meeting/>

Narcotics Anonymous:

<http://na-recovery.org/>

Al-Anon:

<http://al-anon.org/al-anon-meetings/electronic-meetings/>

Smart Recovery:

<https://www.smartrecovery.org/community/calendar.php>

Free Substance Abuse Hotline

1-800-662-HELP(4357)