



# ▶ Hopi Behavioral Health Services

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## **The COVID -19 PANDEMIC CAN BE STRESSFUL YOU ARE NOT ALONE!!**

Hopi Behavioral Health Services is aware of the impact the COVID-19 pandemic has on our Hopi/Tewa community. Fear and anxiety about this new disease and the unknown can be overwhelming and cause emotional strain on you and your family. We have all suffered multiple and significant losses during these trying times.

### **If you're feeling...**

**OVERWHELMED, FEARFUL, WORRIED, OR HAVE LOST A LOVED ONE, THE FOLLOWING ARE AVAILABLE RESOURCES DURING THIS PANDEMIC**

For Emergencies:

Hopi Law Enforcement	928-734-7340	OR	911
	928-401-7792		
Hopi CPS	928-401-7557		

Crisis Resources:

Hopi Behavioral Health	928-737-6300
Northern Arizona Crisis Hotline	1-877-756-4090
SAMHSA's National Helpline	1-800-662-HELP (4357)
National Suicide Prevention	1-800-273-TALK (8255)
Crisis Text Line text	NATIVE to 741741
Trevor Project (LGBTQ2S)	1-866-488-7386
Trans Lifeline	1-877-565-8860
Veteran's Crisis Hotline	1-800-273-TALK (8255)
■ Crisis chat or text	8388255