



SUNCOAST

AMPLIFYING WHAT WORKS
COVID-19 RESPONSE

Charlotte
DeSoto
Manatee
Sarasota

Through the COVID-19 Response initiative at The Patterson Foundation, this weekly Amplify communication aims to weave together what works in each of the counties for a healthier and more thriving Suncoast. You're receiving this message because you've been identified as a community advocate, and we hope you'll share these stories and messages far and wide in your network.

SPOTLIGHT STORY

Mental Health and Coping during COVID-19 - CDC

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

[Learn more](#) about how to cope with stress during this time.

Mental Health and COVID-19 — WHO

Fear, worry, and stress are normal responses to perceived or real threats, and at times, we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic.

Added to the fear of contracting COVID-19 are the significant changes to our daily lives as our movements are restricted to support efforts to contain and slow down the spread of the virus. Faced with new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends, and colleagues, we must look after our mental and physical health.

[Discover more WHO resources.](#)

Resources:

Local:

- [Centerstone](#)
- [NAMI](#)
- [JFCS of the Suncoast](#)
- [Forty Carrots Family Center](#)
- [Suncoast Behavioral Health Center](#)
- [First Step of Sarasota/Coastal Behavioral Healthcare](#)
- [Resilient Retreat](#)
- [USF's Counseling Center \(USF Students only\)](#)
- [New College of Florida's Counseling & Wellness Center \(New College and USFSM students only\)](#)
- [Sarasota County Mental and Behavioral Health Services](#)

National:

- American Foundation for Suicide Prevention: [Mental health and COVID-19](#)
- Active Minds: [Mental health amid the COVID-19 pandemic](#)
- Child Mind Institute: [Supporting families during COVID-19](#)
- Crisis Text Line: [COVID-19 update](#)
- The Flawless Foundation: [Flawless resources during COVID-19](#)
- The Jed Foundation: [COVID-19 tips & resources](#)
- Mental Health America: [COVID-19](#)
- NAMI National: [NAMI updates on the coronavirus](#)
- National Council for Behavioral Health: [Resources for addressing COVID-19](#)
- Psych Hub: [COVID-19 Mental Health Resource Hub](#)
- Schizophrenia And Related Disorders Alliance of America: [Going digital – Psychosis Support & Acceptance \(SA\) and Families For Care \(FFC\) Conference Call Support Groups](#)

Suncoast COVID-19 Stats
Week of July 19, 2021



COUNTY

7 Day Rolling Ave. of Daily New Cases

A Population ^12 with at Least One Vaccination Dose

Charlotte	23	🔴		66%	😊
DeSoto	3	🔴		46%	😐
Manatee	94	🔴	last wk: 35	57%	😐
Sarasota	72	🔴	last wk: 33	68%	😊

COVID-19 is not going away any time soon. Recently, cases in Southwest Florida and the four-county region have **spiked** due to the Delta variant. Encourage your family, friends, stakeholders, clients, and others to get vaccinated. [Getting vaccinated](#) is the best protection against the variants, including Delta.

FEATURED GRAPHIC

Tired of searching for new graphics to share on social media or in your newsletter? We'll have a new graphic weekly perfect for sharing.

CARING FOR YOUR MENTAL HEALTH DURING COVID-19



Take breaks to relax and do activities you enjoy.



Take care of your body with exercise and a healthy diet.



Know the facts. Understanding the risks can make an outbreak less stressful.



Stay connected with family, friends, and a trusted support system.



Ask for help if feelings become too overwhelming.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Graphic [Link](#)

CONTACT US

Please forward this to your network, and when you have stories about overcoming and thriving during COVID-19, please send them to Hannah Saeger Karnei at:

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#COVID19
@ThePattersonFdn

