



re:MIND Update & Resources

Letter from re:MIND Executive Director

Dear re:MIND supporters and participants,

Our goal at re:MIND is to keep everyone safe and healthy. In accordance with recommendations from Harris County officials and local school districts, re:MIND support groups and the re:MIND office will remain closed through Tuesday, March 31. At that time, we will evaluate the recommendations and directions provided by the local government and school officials, as well as, whether our community locations are opening their doors again for us to resume groups. Our employees will be available to respond to emails and phone messages remotely during normal business hours during this period of time.

Please be sure to check www.remindsupport.org for the most up to date group announcements and follow us on social media for the most current updates on our organization and mental health tools and resources. Links to re:MIND social media can be found here: [Facebook](#) [Twitter](#) [Instagram](#) [LinkedIn](#)


Supporting the mental health of our community is our top priority through this period, and as soon as it is deemed safe for our participants and staff, re:MIND will have our support groups back in session. In the meantime, I wanted to direct you to a few resources below to help aid you in navigating this period of uncertainty.

We appreciate your patience and support during this period of time. If you have any questions or concerns, please email info@remindsupport.org.


Thank you,

Jennifer Leal
Executive Director
re:MIND

Resources from re:MIND

 World Health Organization

Helping children cope with stress during the 2019-nCoV outbreak


 Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.


Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.

 Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.

 Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

 World Health Organization

Coping with stress during the 2019-nCoV outbreak

 It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

 If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.

 Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.

 Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.





IMMEDIATE CRISIS SUPPORT

Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public 



If you have fever, cough and difficulty breathing **seek medical care early** and share previous travel history with your health care provider



World Health Organization

If you are in need of IMMEDIATE crisis services, please call (713) 970-7000. re:MIND is not a crisis service. Additional Resources can be found on the bottom of the page.

Emergency Phone Numbers in Houston
Suicide Hotline:
1-800-SUICIDE / (800) 784-2433

Crisis Intervention Houston:
(832) 416-1177

Mobile Crisis Outreach Team:
(713) 970-7520

HPD Mental Health Unit:
(713) 970-4664

Gay and Lesbian Switchboard Houston:
(713) 529-3211

Houston Police Department: (713) 884-3131