

CORONAVIRUS (COVID-19) RESOURCES FOR SCDC EMPLOYEES

SCDC wants you to know it is okay to reach out and get the connections you need. We are here to support you. Times of uncertainty, like COVID-19) can make you feel afraid, frustrated and even desperate. We know it isn't easy. Everyone reacts to stress differently and it's important you take care of yourself during this time. Together, we can make it through the Coronavirus (COVID-19) crisis. Below are some free services you can reach out to for help.

- SCDC Critical Incident Stress Management Team (CISM)
Peer Team trained to provide one-to-one support services to SCDC employees and their families following critical incidents both at work or in their personal lives. With the exception of mandated reporting situations, CISM Services are confidential.
cism@doc.sc.gov
(803) 896-7498
- Supporting Our Staff Hotline (SOS)
Supportive anonymous hotline organized through the SC Department of Mental Health to provide supportive assistance related to the COVID pandemic, open 8am-8pm, Monday-Friday
(803) 563-8842
- Employee Assistance Program (EAP)
www.dearokseap.com
(866) 327-2400
- Community Crisis Response and Intervention Hotline (CCRI)
Call center for the general public, open 24/7
(833) 364-2274
- American Foundation for Suicide Prevention
Individuals anxious about the COVID-19 can text HOME to 741741 and they will be connected with a trained crisis counselor to help or call (800) 273-TALK (8255)

****If you need immediate support outside of SOS operating hours, please go to your nearest emergency department. PRISMA and Richland Hospital have psychiatric emergency departments.

Here are also some helpful internet links to further resources that can assist you:

- [CDC Tips for Coping with Stress and Anxiety](#)
- [CorrectionsOne.com – A letter to my corrections family](#)
- [Stress management strategies for corrections officers](#)
- [How to Cope with Anxiety and Uncertainty](#)
- [Living with Uncertainty: From Panic to Peace](#)

Caring for ourselves is important. Below are common signs of distress to look out for. Please remember to seek assistance if you recognize these signs:

- Feelings of numbness, disbelief, anxiety or fear
- Changes in appetite, energy, and activity levels
- Difficulty concentrating
- Difficulty sleeping or nightmares and upsetting thoughts and images
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Anger or short-temper
- Increased use of alcohol, tobacco, or other drugs

Below are some helpful tips for coping with stress on your own:

1. Take deep breaths: *Breath in for five seconds, breath out for six seconds, repeat for two minutes and focus only on your breath, if your mind wanders, gently refocus on your breathing without judgment*
2. Stretch
3. Meditate: *Find quiet time to focus on images that make you happy and celebrate positive things that happen throughout the day, rather than focusing only on the negative*
4. Eat healthy, well-balanced meals
5. Take a break from watching, reading, or listening to news stories
6. Try to keep regular routines
7. Connect with family and friends through calls or texts
8. Find someone you trust to talk about how you are feeling, utilize resources to get support
9. Focus on gratitude: *Write down three things you are grateful for every day*
10. Acknowledge something you have done well lately
11. Focus on your senses: *Take five minutes and focus only on what you see, hear, taste, feel, and smell without judgment*
12. Remind yourself of the importance and meaning in your work: *You have made efforts and sacrifices to help others in a crisis*