



# Yavapai County

Our Mission: "Yavapai County will serve and protect its citizens through efficient management of all its resources to enhance the lives of those we serve."



## For Immediate Release

Friday, September 03, 2021

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### Mental Health and COVID-19

September is Suicide Prevention Month - an opportunity to raise awareness about prevention and stigma, share resources, and provide support to those whose lives have been forever impacted by the loss of a loved one to suicide. 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. The ongoing stress, fear, grief, uncertainty created by COVID-19 pandemic has weighed on all of us, but many children and teens have had an especially tough time coping emotionally. We need to be compassionate and kind to ourselves as well as others. We must try not to judge ourselves so harshly in our relationships, as parents, and in our jobs. This is a time to appreciate who we are as individuals, to recognize and value our different strengths, and accept our common humanity. We are all less than perfect and we are all doing the best we can in the circumstances we find ourselves in.

The Suicide Prevention Resource Center (SPRC) has compiled a selection of web pages and information sheets on mental health and coping with the effects of COVID-19. (<https://sprc.org/COVID19>). These resources are a selection from key organizations in the field. One resource is the CDC's website called "Coping-19" (<https://coping-19.org/>) provides resources on healthy living topics such as exercise, nutrition, and meditation, family activities, and medical guidance.

Other great local resources can be found through the Yavapai County Justice and Mental Health Coalition website: <https://justicementalhealth.com/resources-support/>; the National Alliance on Mental Health (NAMI) Yavapai's website: <https://mentalhealthresources.org/>, and 2-1-1 Arizona <https://211arizona.org/help/health-care-mental-health/>, and the National Suicide Prevention Lifeline: 1-800-273-8255 and <https://suicidepreventionlifeline.org/>.

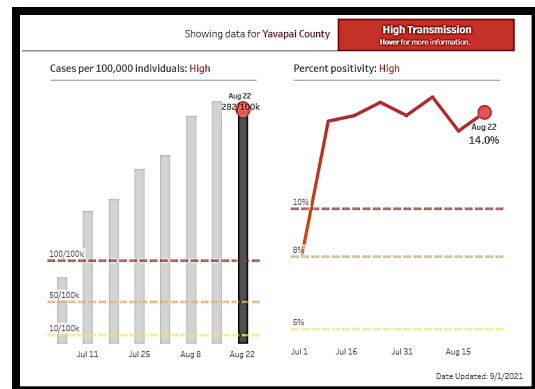
**Yavapai County reports 453 COVID-19 cases and 9 Deaths since Monday.** The county has tested 138,319 residents for COVID-19 and there have been **24,042** positive cases and **588** deaths since the beginning of the pandemic. The county remains in high transmission of COVID-19, with the positivity rate back up to 14%, and remaining at over 280 cases per 100k.

Yavapai Regional Medical Center reports **42** COVID-19 patients, VVMC reports **15**, and the VA has **3** COVID-19 patients.

If you are experiencing symptoms of COVID-19 or what seems to be a bad cold, please get tested for COVID-19.

**Testing sites:** <https://yavapaiaz.gov/Portals/39/COVID-19/TestingSitesinYavapaiCounty.pdf>.

**The best way to avoid getting infected is to get vaccinated. The vaccines are safe, effective, and free.** Check out: <https://yavapaiaz.gov/chs/Home/COVID-19/COVID-19-Vaccine-Appointments> or **Call:** 928-771-3122 for appointments. **Phone Bank for Assistance:** 928-442-5103. Or [www.vaccine.gov](http://www.vaccine.gov)



Community Transmission in Yavapai County  
week ending 8/28