Date: April 7, 2020
For Immediate Release
Contact: 518-565-4840

Dealing with Stress Associated with COVID-19

Plattsburgh, April 7, 2020. It’s the quintessential public health dilemma. How do we measure something that didn’t happen? Or in this case, how do we know that our handwashing, distancing tactics and other efforts are really slowing the spread of COVID-19? We are told that these behaviors are making a difference but, as the weeks stretch on, a sense of discouragement may add to our stress level.

Phone calls to Clinton County Health Department (CCHD) indicate that anxiety is high and that, for some, patience may be waning. Mandy Snay, Director of Health Planning and Promotion (HPP) for the Clinton County Health Department, along with a small team of other HPP staff have been responding to phone calls for several weeks. “Call volume is fairly consistent right now,” she stated. “We answer about 40-50 calls per day.” She and her team are in an ideal position to gauge the mood of the community and have noted that over the last few days, anxiety levels seem to be on the rise.

Richelle Gregory, Director of Clinton County Mental Health and Addiction Services is part of the County’s COVID-19 Unified Response. She understands how individuals and communities deal with adversity and has provided the following guidance.

- Prioritize relationships by connecting and empathizing. Talk to family and friends about how you are feeling and how they are feeling. Check in with each other by phone or online.
- Connect to your community. Look for ways to help. Donate to a charity. Reach out to family members or neighbors who may have a limited social network. Send cheerful cards to nursing home residents who may be missing contact with family during this time.
- Stay educated and informed, but get your information from reliable sources, and don’t overdose yourself by constantly following the news.
- Create a list of things that have worked for you during previous stressful or challenging times, including who you reached out to for support. This can be a quick reference when feeling overwhelmed.
- Don’t be afraid to ask for help. It’s ok to feel bad momentarily but if your sadness, anger or anxiety are constant, it’s time to get some help.

Those in need of someone to talk to can call Clinton County Mental Health and Addiction Services at 518-565-4060. For other community resources residents can dial 2-1-1. Operators for 2-1-1 of the Adirondack Region can connect individuals to services which may help lessen the strain associated with stay-at-home requirements, limited financial resources, or transportation needs. CCHD will continue to respond to questions or provide links to other sources of information or services.

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“Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations”
CCHD is also reporting that as of Monday morning, Clinton County has 36 lab confirmed cases of COVID-19, 12 of whom have recovered, and no deaths.

About the Clinton County Health Department:

The Health Department is an accredited full service department serving the residents of Clinton County. The Health Department’s Mission is to improve and protect the health, well-being and environment of the people of Clinton County. Visit our website at www.clintonhealth.org or connect with us on Facebook (@clintonhealth), Twitter (@ClintonCountyHD), and Instagram (clintoncountyhealth).

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