



News Release

FOR IMMEDIATE RELEASE

Aug. 10, 2020

Department of Public Health

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COVID-19 Update

184 New Cases, Get the Scoop on Managing Stress

FAYETTEVILLE – The Department of Public Health reports 184 new COVID-19 cases since the Friday morning report. Cumberland County's case count is now 3,286 with 51 deaths.

“For many, COVID-19 has caused high levels of stress and anxiety that can trigger mental health illness or making existing mental health conditions worse,” said Health Director Dr. Jennifer Green. “It is important to self-monitor for COVID-19 symptoms and for behavior changes that may indicate changes to your mental health status.”

The SCOOP on Managing Stress

It's important to make sure you are taking care of your mental health. Behavioral health is core to our overall health. The COVID-19 pandemic is an extraordinary event so it's normal that individuals are experiencing significant behavioral health impacts. There are actions you can take, and resources available, to help maintain your mental health. Specific steps you can regularly take to improve and maintain your mental wellbeing are below.

The SCOOP on Managing Stress

S - Stay connected to family and friends. Social connections build resiliency.

C - Compassion for yourself and others. Self-compassion decreases trauma symptoms and stress.

O - Observe your use of substances. Early intervention can prevent problems.

O - Ok to ask for help. Struggling is normal. Asking for help is empowering.

P - Physical activity to improve your mood. Exercise boosts mood and lowers anxiety.

Reach Out for Help

Alliance Health is the managed care organization for public behavioral healthcare for Cumberland, Durham, Wake and Johnston Counties. Alliance has a network of providers offering treatment and support for mental illness, substance use disorders, and intellectual/developmental disabilities. You can find information about mental health services on their website at www.alliancehealthplan.org.

If you or someone you care about continues to show signs of stress and you are becoming concerned, you may want to reach out for help. Call the Alliance 24-hour Access and Information Center at 800-510-9132 and a licensed clinician will assist you in finding the right kind of help.

The Hope4NC Helpline connects North Carolinians to additional mental health and resilience supports that help them cope and build resilience during the COVID-19 crisis. Hope4NC is available 24 hours per day, seven days a week. Call 1-855-587-3463 to speak to a live person.

Staying Updated

Cumberland County has made it easy for you to stay updated on the latest information about COVID-19. You can visit our [COVID-19 webpage](#), which has a list of [COVID-19-related closures and service changes](#). The county is also sharing important information on its [Facebook](#), [Twitter](#) and [Instagram](#) accounts.