



News Release

FOR IMMEDIATE RELEASE

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Department of Public Health

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COVID-19 Update

Cumberland Reports 228 Positive Cases; Don't Neglect Your Emotional Health During This Crisis

FAYETTEVILLE – The Department of Public Health reports four additional COVID-19 cases. There are now 228 positive cases and a total of eight deaths involving Cumberland County residents.

“We want to thank our residents for abiding by the Stay at Home order but recognize the emotional impact this can have on our community. Don't neglect your emotional health during this pandemic,” said Health Director Dr. Jennifer Green. “It's also important to check on your friends and family, via phone or while using social distancing, of course.”

Everyone reacts differently to stressful situations. Stress responses during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or other drugs

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.

The Hope4Healers Helpline at **1-919-226-2002** provides mental health and resilience supports for health care professionals, emergency medical specialists, first responders, other staff who work in health care settings and their families throughout the state who are experiencing stress from being on the front lines of the state's COVID-19 response. Hope4Healers is also available 24 hours per day, seven days a week for people to reach out for support; they will be contacted quickly by a licensed mental health professional for follow-up.

The County has created a COVID-19 Dashboard that includes a zip code map, as well as gender and racial information based on available data. The dashboard is posted on the County's website at co.cumberland.nc.us/COVID19 and on the [Cumberland County Coronavirus Response page](#).

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