



# DEPARTMENT OPERATIONS CENTER



## General Message

### ***BEHAVIORAL HEALTH AND WELLNESS***

Sunday, March 22, 2020

1400 hours

The Los Angeles Fire Department is committed to all aspects of safety, health and wellbeing of our members. This includes behavioral health and wellness for both our members and their families. Department psychologists are providing recommendations and resources to assist everyone through this challenging time.

#### **While everyone reacts differently to stressful situations including the COVID-19 Pandemic. Stress during this time can include:**

- Fear and worry about you and your family's health, safety and wellbeing
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Increased use of alcohol, tobacco, or other drugs

#### **Things you can do to support yourself during this time:**

- Manage what you can and accept what you cannot.
- Find trusted sources of information including the CDC and WHO.
- Take breaks from COVID-19 coverage as it can be overwhelming.
- Take care of your body by taking deep breaths, stretching, or meditating.
- Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Social distancing is not the same as social isolation. Be creative and explore various ways to remain connected.
- IAFF Website: [www.iaff.org/coronavirus/](http://www.iaff.org/coronavirus/)

#### **Wellness Resources:**

- Free access to work out videos during gym closures at: <https://watch.lesmillsondemand.com/at-home-workouts>
- Live stream yoga at <https://www.skyting.com/tv>
- Virtual Mediation Classes: <https://www.denanywhere.com/live-stream>

#### **If your coping strategies become overwhelmed, seek Professional Assistance:**

- LAFD BHP Psychological services including therapy/support offered virtually and at no cost to all LAFD employees and their families: 323-276-7169.
- UFLAC Mental Health Professional/Peer Support: Dr. Steve Froehlich 818-645-9027; UFLAC/EAP: Nancy Mraz 800-252-8352 ext. 3
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)