



A Normal Response to an Abnormal Event Webinar



This interactive training will provide research based information focused on some of the myths surrounding mental health, and will provide information to mitigate the impact of COVID-19, strengthen healthy coping responses, and build resiliency while maintaining a healthy work life balance. In this handout, you will find space to take notes and resources from the webinar.

4. What are some novel triggers of alcohol use during COVID-19?
5. Suggestions regarding alcohol intake includes:
 - If you choose to drink, do so in moderation
 - Don't drink at all if under 21, pregnant or may be pregnant or have health problems that could be made worse by drinking



6. Substance Abuse and Mental Health Services Administration: www.samhsa.gov
7. Suicide: C-C-D-R Intervention:
 - Clarify:
 - Contradict:
 - Delay
 - Refer
8. Suicide Crisis Support:
 - National Suicide Prevention Lifeline: 1-800 – 273 – 8255
 - Copline: 100% confidential & peer supported 24/7 1-800-267-5463 www.copline.org
 - Crisis Call Center (24/7): 1-800-273-8255; Text ANSWER to 839863
 - Veterans Crisis Line (24/7): 1-800-273-8255 (press 1; Text 838255; Chat online: www.veteranscrisisline.net)
9. ERS Resources for State Employees are [online here](#) and [online here](#). Or resources are available throughout Texas from MentalHealthTX.org
10. Texas DPS Victim & Employee Support Services has information relevant to your mental health and wellbeing during and after COVID-19. Resources pertain to the impact on families, tips for first responders, social distancing, maintaining sobriety, and media resources (videos and podcast). Available to all and [online here](#).

Key Takeaways & Notes:

Upcoming Webinar: Positive Ways to Manage Today's Stressors
On Thursday, September 25 at 10am – [registration here](#)
For questions or additional assistance, email physicalfitness@dps.texas.gov
TX DPS [Victim & Employee Support Services](#) for DPS employees: 512-424-2211