



PRESS RELEASE

## COUNTY OF SONOMA

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FOR IMMEDIATE RELEASE

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### County of Sonoma Launches Warm Line for Emotional and Mental Health Support

**SANTA ROSA, CA** - Beginning on Thursday April 23, a local warm line will be available to support community experiencing emotional stress and anxiety during the COVID-19 pandemic.

The warm line is available to any County resident experiencing emotional side effects of the pandemic and/or the shelter in place order, or knows somebody who is.

"All of us in Sonoma County are dealing with unprecedented circumstances in our lives during this pandemic. Many of us need support in coping with these changes," says Supervisor Susan Gorin, chair of the Sonoma County Board of Supervisors.

"We want to make sure help is available to anyone who needs it. There is someone you can talk to right now."

People can call at 707.565.2652. This free and private warm line is available seven days a week from 10 a.m. to 7 p.m. Service in Spanish is also available as well as telephone interpretation for other languages.

Local behavioral health professionals will answer calls seven days a week to talk with callers to provide support, guidance, education, and referrals.

Callers may also request that an outreach call be made to someone they are concerned about, which will help to reach people who are isolated, lonely and who may not reach out on their own.

"Being at home for an extended period of time can make some people feel anxious and alone," said Bill Carter, Sonoma County Department of Health Services Behavioral Health

#### COVID-19 Mental Health Warm Line

Call (707) 565-2652 any day of the week from 10 a.m to 7 p.m. to speak to a trained professional.

Director. "The mental health warm line is here so a person can talk to someone about their concerns. Counselors are standing by to provide support to people during this tough time."

Callers can speak to a trained professional who will listen and provide useful guidance to feel better. Callers will also receive information about resources and social services currently available in the County for an array of needs including emotional issues such as depression, grief, and anger; parenting support, substance use; shelter needs; and more.

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