



STATE OF CONNECTICUT
DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES
A Healthcare Service Agency

NED LAMONT
GOVERNOR

MIRIAM E. DELPHIN-RITTMON, Ph.D.
COMMISSIONER

MEMORANDUM

To: DMHAS Staff
From: Miriam E. Delphin-Rittmon, Ph.D.
Date: April 7, 2020
Subject: DMHAS COVID-19 Staff Update #13

Over the coming weeks, public health officials are anticipating a surge of COVID-19 cases across the country, and particularly in the Tri-State area. During these next weeks, it is particularly important that we practice social distancing, frequent handwashing and all that we can to help prevent the spread of this serious illness.

The uncertainty around this unprecedented disease outbreak can be stressful. If you feel anxious or stressed, I encourage you to practice self-care. Take some time for yourself and read a book, take a warm bath or go for a quiet walk (remembering to keep 6' of distance from others). Try to limit your social media use to give yourself a break from the constant news. Talk with your family and friends about how you feel and check in with your children. And reach out to each other; your colleagues and coworkers are likely experiencing similar feelings and can be a tremendous source of support for you.

The pandemic has also had a significant impact on our daily lives. As we spend as much time as we can at home and some of us work remotely, try to maintain a routine, stay connected socially with others, and take care of your physical and mental wellness.

Your feelings of worry and concern during a time of such great uncertainty are normal. If you are finding yourself having a hard time coping with these changes or in need of support, I encourage you to reach out. Below are resources that may be of help to you:

- State of CT Coronavirus Website Mental Health Resources:
<https://portal.ct.gov/Coronavirus/Pages/Public-Health-Resources/Mental-Health-Resources>
- Solutions EAP: 1-800-526-3485
- Speak to a DMHAS chaplain at 860-999-1629 from 9am to 9pm

The coming days will be difficult for all of us. I have no doubt that we will come out on the other side of this. Thank you for all you do and please take care of yourselves and each other.

(860) 418-7000
410 Capitol Avenue, P.O. Box 341431, Hartford, Connecticut 06134
<https://portal.ct.gov/dmhas>
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