

Dear Community Care Member:

The COVID-19 (coronavirus) pandemic affects our daily lives in different ways. We know this may be an especially stressful time for anyone living with a behavioral health condition. Community Care is doing everything we can to ensure you get the care you need. Our providers will continue to care for you and your family.

Be sure to stay in touch with your provider and keep up with your treatment plan. Providers are working hard to continue to provide care to our members, while following guidelines for social distancing. For example, most providers are beginning to offer telehealth services as an alternative to office-based services. You can schedule telehealth services with your provider to get care over the phone or through video chat. [Call us](#) if you need help or if you have any questions.

Remember, no one should feel isolated during this time. While social distancing is important to slow the spread of the virus, it is also important to stay in touch with your social support networks. Call or video chat with your family, friends, and other social and community supports. Staying connected with peers and loved ones can help you deal with stress and anxiety during this time of uncertainty.

We encourage you to use the many helpful COVID-19 resources listed below not only to get advice on how to remain calm and healthy, but also on how to talk to your kids about COVID-19 and any other concerns that you may have.

For information about cases and resources in PA:

<https://www.pa.gov/guides/responding-to-covid-19/#CasesinPennsylvania>

For information on how to talk to your kids about COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

For information about how to control your anxiety:

<https://www.psychologytoday.com/us/blog/lifetime-connections/202003/covid-19-anxiety-control-your-controllables>

For more information on social distancing:

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

Sincerely,



Matthew O. Hurford, M.D.
President & Chief Executive Officer
Community Care Behavioral Health Organization