



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



Managing Fears and Anxiety around Coronavirus

As information about Coronavirus unfolds, there can be a wide range of thoughts, feelings and reactions. Below is some helpful information and resources.

Common Reactions: Please recognize that there can be a wide range of reactions and that over the next few days or weeks you may experience periods of:

- *Anxiety, worry, panic
- *Social withdrawal
- *Anger
- * Feeling helplessness
- * Difficulty concentration and sleeping
- * Hyper-vigilance to your health and body

Ways to Manage Fears & Anxieties: Although Coronavirus is a health issue that is being taken very seriously by public health authorities' worldwide, do not let your worry about this virus control your life. There are many simple and effective ways to manage your fears and anxieties. Many of them are essential ingredients for a healthy lifestyle; adopting them can help improve your overall emotional and physical well-being.

1. Get the facts.
2. Keep things in perspective.
3. Be mindful of your assumptions about others.
4. Stay healthy.
5. Keep connected.
6. Seek additional help.

To read the full article visit: <https://uhs.berkeley.edu/sites/default/files/fearsanxiety-coronavirus.pdf>

March 2020

WHS Center for
Mental Health
and Wellbeing
Outpatient
Services
(Greene)

Our Greene
Outpatient
Behavioral
Health office
has relocated
to:

220 Greene
Plaza Rear,
Waynesburg,
PA 15370

Our new office
is located in the
rear of the
building,
behind WHS
Occupational
Medicine where
WHS Wound
Care was
previously
located.



Stress and the Diversity of Cultures

Stress and diversity is a broad subject which encompasses many aspects of stress in society. One sure thing about society is diversity and, you will find varieties of perceptions and reactions to stress. Our ideas about stress are shaped by our cultural background and you will find a multicultural people who embrace different beliefs and practices in regard to stress. It is vital to ask yourself how your environment has affected you as you deal with everyday stresses. The traditional African approach to stress and mental disorder was quite unique and in almost every African settlement, they were a people who believed in investing almost everything just to have an easy and simple life which would be stress free.

There are various tools that they used to ensure that stress and other forms of negativity were kept at bay. One tool was music which was an effective food to the soul as well as a morale booster. Many people went about their strenuous work with music sweeping through their environment ensuring that stress did not have space to pick through. Another tool in the communities that helped keep away stress was the sense of community. By living so close together with many family members, women and men spent their time pouring out their hearts which is a form of therapy, therefore unlike the diverse modern communities of today, traditional communities were very closely knit together.

History has shown that people who live longer have a special appreciation for peace of mind. In our modern society, stress is a leading killer and no remedy has been formulated to eliminate stress and we are slowly learning that it might be the less expensive things of life like family, laughter and music that are going to do the trick. All this is part of diversity of stress and major strides have been made to help deal with stress. They focus on the causes of stress and it has been found that everyone has a unique or individual reaction to stress. Also, it has been found that stressed will not affect everyone the same way. Stressors are factors that are known to cause stress in life.

Some cultures have their own special remedies of dealing with stress like meditation for inhabitants of the Asian continent. Some of the cures have been associated with spiritualism where some cultures associate stress and its adverse effects with evil. Whichever way people perceive and deal with stress, one thing is very clear, stress affects every community no matter what their practices may be. We may be very diverse but stress connects us all to emphasize that it is a human problem that we have to constantly battle with. The basics of stress are that there is usually an internal or an external cause which play a major role in determining the outcome of stress in the person. Stress causes some of the major diseases and it is a silent killer which will affect your life negatively even if you cannot touch it.

To read the full article visit: <https://ezinearticles.com/?Stress-and-The-Diversity-of-Cultures&id=1340281>

**DID YOU
KNOW?**

2020 National Mental Health Observances:

March 2020

Self-Harm Awareness
Month, American National
Nutrition Month

**Suggested Theme: Best
Self-Care Practices**

**March 1st: Self-Injury
Awareness Day,
Zero Discrimination
Day**

**March 13th: World
Sleep Day**

**March 18th:
International
Women's Day**

**March 20th:
International Day of
Happiness**

**March 30th: World
Bipolar Day**

**March 30th – April
5th: National Drug
and Alcohol Facts
Week**

For the full calendar visit:
<https://www.stampoutstigma.com>



Dear Valued Referral Sources,

We want you to know how much we appreciate your business and referrals. Our goal is to always provide the best possible service to our valued patients and referral sources like you.

Sincerely,

Jennifer Campbell, MSW, LSW

Program Manager, WHS Center for Mental Health and Wellbeing

Washington Health System & Washington Physicians Group

Office#: 724-627-2526

WHS Center for Mental Health & Wellbeing



Contact Information:

Inpatient Behavioral Health

P: 724-223-3195
F: 724-229-2128

155 Wilson Ave
Washington, PA 15301

Outpatient Behavioral Health

Washington
P: 724-579-1075

95 Leonard Ave
Building #1, Suite 301
Washington, PA 15301

Outpatient Behavioral Health

Greene
P: 724-627-2756

220 Greene Plaza Rear
Waynesburg, PA 15370

Behavioral Health Management:

Jennifer Campbell, MSW, LSW – Program Manager
Inpatient & Outpatient Services

P: 724-627-2526

Mark Wright, MBA, RN – Inpatient Unit Manager

P: 724-223-3197

Greene County Crisis Line: 1-800-417-9460
Washington County 24-Hour Crisis Hotline: 1-877-225-3567
National Suicide Prevention Lifeline: 1-800-273-8255
Greenbriar Treatment Facility: 1-800-637-4673