

COVID-19 UPDATE

InterCommunity's Detox Center is **OPEN** and Accepting Patients



Your recovery can start today.

InterCommunity Detoxification Center is open 24/7 to help you take the first step toward a life free from drug and/or alcohol addiction.

Call us now: 860-569-5900 x515



While some detoxification centers have closed in Connecticut due to the coronavirus, InterCommunity Health Care's detox center in Hartford is open and accepting patients.

Call 860-569-5900, Ext. 515.

National Mental Health Month



May is [National Mental Health Month](#), a campaign to increase awareness of mental health and fight stigma.

According to the [National Institute of Mental Health](#), nearly one in five adults lives with a mental illness. Depression and anxiety are among the most common mental health disorders but often go undiagnosed and untreated.

During these difficult times when social distancing often means social isolation, it's important for people of all ages to maintain supportive relationships with others. Technology such as FaceTime, Skype, and Zoom can help people stay connected and feel supported.

Healthy Coping Strategies

If you're feeling stressed by the disruptions to your everyday life, you're not alone. But while we can't always control what happens to us, we can choose how to react.

Tips for healthy coping strategies include the following:

- **Vent with loved ones.** When you're going through a stressful period, ask for help or



seek support from close family and friends.

- **Practice calming techniques to manage stress.** Meditation, yoga, and exercise can stabilize mood.
- **Maintain your sense of humor.** Laughter can relieve stress and be a pleasant distraction.
- **Look for the positives.** If you view your stressors as more of a challenge than a threat, you may even find some hidden opportunities for personal growth.
- **Let go of anger and resentment.** Letting go of negativity can help you move forward.
- **Take action when you can.** You'll feel more in control when you face problems head-on.
- **Practice gratitude.** Make it a daily habit to be thankful for the good things in your life.

If you, or someone you know, is interested in [addiction recovery services](#), [primary care](#), or [mental health care](#) for children or adults, contact InterCommunity. To receive services at any of our Hartford, East Hartford, or South Windsor locations, **please call us first at 860-569-5900.**

