

# CR-TTAC March 2020 Newsletter

CR-TTAC Newsletter

[View this email in your browser](#)



## In This Issue

- Helpful Tools for Coping with COVID-19
- Law Enforcement Counseling Via Telehealth
- Protecting the Mental Health of First Responders During a Pandemic
- Mental Health First Aid for Public Safety Training Updates

---

## Helpful Tools for Coping with COVID-19

COVID-19 is a global pandemic that has far-reaching effects on all our lives. We are being forced to alter our daily routines having to forgo things like school, work, family and social gatherings, travel, the gym, shopping, going to the movies, and many other activities that we often take for granted. This is can be a scary and stressful time, so we want to share with you some tools and resources for staying physically and mentally healthy while we navigate this time of uncertainty together as a community.



## [SAMHSA's Tips For Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)

### [Resources for High-Risk Individuals](#)

## [Taking Care of your Mental Health in the Face of Uncertainty](#)

### [Talking to Your Children About COVID-19](#)

## [Safety, Predictability & Control in the Midst of COVID-19](#)

---

## **Law Enforcement Counseling Via Telehealth**



COVID-19 is a rapidly developing and ever-changing public health crisis. Officers alongside other essential personnel are still on the front lines protecting and serving their communities every day. A critical difference during this time is that officers are dealing first hand with mass fear and anxiety surrounding this pandemic; this along with the worry of exposing themselves and their families can take an emotional toll.

Advocates' Law Enforcement Counseling is available via telehealth to any officers that may be struggling during this difficult and uncertain time. If you or a fellow officer are in need of assistance, please click below for more information and to access our self-referral form.

[Law Enforcement Counseling](#)

---

**"A public crisis can play on people's emotions, including even the hardest and most cynical responders who have 'seen it all.'" - Amy Morgan, MSC, CFRC(D), TECC-LEO**

[Protecting the Mental Health of First Responders During a Pandemic](#)

---

## Mental Health First Aid (MHFA) for Public Safety Trainings

**\*\*Please note that due to COVID-19 and the current statewide stay-at-home advisory our March and April MHFA classes have been canceled. \*\***

We are currently holding the following monthly trainings:

- May 13, 2020
- June 10, 2020

Classes will be held at the Holliston Police Department from 8:00 am-4:00 pm.

*To learn more about the Mental Health First Aid (MHFA) trainings, please visit: [www.jaildiversion.org](http://www.jaildiversion.org) or email Katelyn Dehey at [kdehey@advocates.org](mailto:kdehey@advocates.org).*

[Register Here](#)



**Our mailing address is:**

Advocates CR-TTAC  
257 Ayer Rd  
Harvard, MA 01451-1108

[Add us to your address book](#)

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

