

SELF-CARE FOR NON-PARTICIPATING INDIVIDUALS

5 Tips for Self-Care

While we sincerely hope you will reach out to Sunrise Clinical Services for professional help, we know that not everyone is comfortable doing that. Here are 5 things you can do to help manage the stress and anxiety of COVID-19.

1 Minimize reading, watching, or listening to media that causes you to feel excessively stressed or anxious. When you do consume media, ensure it is a reputable and reliable source.



2 Reduce your social media intake. The constant barrage of rumor, opinion, and disparagement on social media only adds to stress and anxiety.



3 Try to ensure your time between work shifts is truly restful. Of course there is always home work to be done, but be sure you take time for you to recharge.



4 Avoid unhelpful coping activities like alcohol and other drug use.



Make time for regular self check-ins to assess your mental and emotional wellness. If you are concerned, please call us at **262-842-0538** to schedule an appointment.



SUNRISE
CLINICAL SERVICES

NEW LOCATION

3536 52nd Street
Kenosha, WI 53144
Phone: **262-842-0538**

CRISIS LINE 262-657-7188

For non-crisis assistance or general information, please call our main office line at **262-764-8555**

Crisis Prevention Center
1202 60th Street, Kenosha, WI 53140

KHDS, Inc.
3536 52nd Street, Kenosha, WI 53144
Phone: **262-764-8555** Fax: **262-653-2080**

KHDS.ORG

The TAPS program is offered in partnership with Kenosha County Division of Aging and Disability Services.

**KENOSHA HUMAN DEVELOPMENT SERVICES**
A NONPROFIT ORGANIZATION



SUNRISE
CLINICAL SERVICES

THERAPY ADDRESSING PANDEMIC STRESS

FREE SUPPORT FOR INDIVIDUALS FACING ADDED STRESS DUE TO COVID-19

**KENOSHA HUMAN DEVELOPMENT SERVICES**
A NONPROFIT ORGANIZATION

What is TAPS?

Sunrise Clinical Services offers **FREE** short term professional support to eligible individuals who are facing increased stress and anxiety due to the COVID-19 pandemic under the Therapy Addressing Pandemic Stress (TAPS) program.

The TAPS program is staffed by Sunrise Clinical Services professionals who are available to assist clients in developing healthy stress and anxiety management strategies. In addition to addressing the significant workplace stress healthcare and long term care professionals are facing, our experienced clinicians can provide full therapeutic support for clients with serious mental illness and substance use disorder issues.

Access to professional care in a low-stress manner is our priority. Consequently, TAPS clients will have the option of coming to Sunrise Clinical Services for face-to-face appointments, or they can opt for a telehealth visit from the comfort and safety of their home.

Who is Eligible?

Long hours, personal and family health, wellness and safety concerns, as well as patient concerns are taking a toll on our community's care providers. The confidential TAPS program is specifically developed for healthcare and long-term care professionals who are facing increased stress and anxiety loads brought on by COVID-19. We are proud to offer **FREE** professional support for our colleagues in the care industry.

The FREE TAPS program is also available for Kenosha area residents who are struggling with pre-existing serious mental illness or alcohol and other substance use disorders. The increased isolation, compounded with the stress and anxiety of the COVID-19 pandemic are increasing the daily challenges people face.

Take Your Next Step

If you, or someone you know, would benefit from the TAPS program's **FREE** support, we encourage you to take the next step.

Call Sunrise Clinical Services at 262-842-0538. We will assist you in enrolling for the TAPS program right over the phone. Our friendly staff has a lot of experience helping people and guiding them through the process.

Once you are all set up, we will schedule you for your first appointment with one of our professional clinicians.

Our staff will ask your preference for face-to-face appointments, or telehealth appointments from the safety and comfort of your own home.

These are challenging and stressful times for our community's care givers. We encourage you to take advantage of this FREE and confidential opportunity for professional support, and share this information with a colleague who may also benefit.

