



# COVID-19 EMOTIONAL SUPPORT LINE FOR THE ENTIRE YAKIMA VALLEY

Virginia Mason Memorial recognizes the need for increased emotional support during this difficult time. We are committed to supporting the well-being of our community with a new support phone line. The COVID Emotional Support Team is available at no cost to everyone in our community.

This new support team consists of licensed, professional social workers and chaplains clinically trained to provide emotional support and intervention in stressful times.

**Help is available in both English and Spanish.**

## WHEN SHOULD YOU CALL?

No emotional distress or pain is too big or too small to reach out for help. This line is an anonymous outlet for people to speak with a professional and be connected to support. If you are not sure whether or not you need support, please know this line is for you.

## HOW CAN WE SUPPORT YOU AND YOUR FAMILY?

- ▶ We offer emotional and grief support to everyone experiencing heightened stress, uncertainty, isolation and trauma.
- ▶ We can connect you with resources and programs available in Yakima County.
- ▶ We support families in maintaining connections and feeling supported during a COVID-19 diagnosis.
- ▶ For those experiencing end-of-life situations, we offer support in family preparedness: helping you navigate end-of-life preferences, hopes and desires. We can also assist with referrals to Palliative Care or Hospice.
- ▶ Information packets and resources are also available on the following topics:
  - ▶ COVID Preparedness
  - ▶ Emotional Support and Tools
  - ▶ Advance Care Planning
  - ▶ Staying Connected
  - ▶ Palliative Care and Hospice
  - ▶ End of Life / Bereavement Support



## WE'RE HERE FOR YOU

Phone: 509-823-7808 call or text  
Hours: 8:00 a.m. to 4:30 p.m. **(M-F)**



Virginia Mason Memorial