

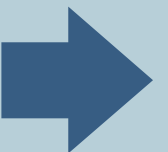
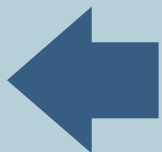
Introduction

Thank you for volunteering as a telecounselor! As you know, the COVID 19 pandemic has led to many unique challenges for people. During this outbreak, many people are taking extra precautions in order to stay healthy. Measures such as washing your hands and social distancing are all critical steps we are taking to flatten the curve as much as we can.

During this pandemic, it is just as important that we take care of ourselves mentally as well. As a volunteer, you are giving people the resources to take care of themselves.

Remember, it is important for you to take care of yourself as well. Now, more than ever it is important to practice self care and be accomodating to ourselves.

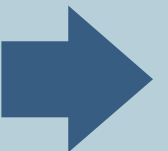
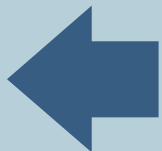
With that being said, please continue reading on to learn more about your responsibuilties as a telecounselor.



How to Play

This is an interactive text based visual novel. During sessions, you will be given dialogue options to pick. Use your mouse to click on the option you choose. Depending on what you choose to say, the direction of the session may change. Please be sure to direct conversations in a way that is effective for your clients' well being.

To begin a session, click on the client's file. The file will open to show a page that has a basic profile. On the bottom of the page there will be a button that says "Begin session". Click on that when you are ready to be connected to you client.



Resources for you

It is critical that we take steps to stop the spread of the virus and to make sure to care for ourselves amidst this pandemic. If you or someone else is in distress, please know that help is available 24/7.

Mental Health Resources that are Specific to COVID 19

COVID 19 Guide from NAMI

<https://www.nami.org/covid-19-guide>

SAMHSA Disaster Distress Helpline

1-800-985-5990

A list of resources from Mental Health America

<https://mhanational.org/covid19>

General Mental Health Resources

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Crisis Text Line

Text "HELLO" to 741741

For information on COVID 19

World Health Organization (WHO)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Center of Disease Control (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

National Institute of Health (NIH)

<https://www.nih.gov/health-information/coronavirus>

