



4/7/2020

Good afternoon,

These are challenging and uncertain times for everyone. COVID-19 has and will continue to impact our lives. We are all making sacrifices to help save lives. Beside the financial impact, there are the ongoing mental health issues some people are experiencing.

The North Carolina Department of Health and Human Services has two new mental health resources to support North Carolinians and alleviate some of the anxiety:

- The Hope4NC Helpline (1-855-587-3463) connects North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis.
- The Hope4Healers Helpline (919-226-2002) provides mental health and resilience supports for health care professionals, emergency medical specialists, first responders, other staff who work in health care settings and their families throughout the state who are experiencing stress from being on the front lines of the state's COVID-19 response.

Remember, Town Hall staff will be off tomorrow for the Good Friday holiday. To all of you who are celebrating this week, we wish you a joyous Passover and a happy Easter.

Take care and stay healthy!

Mayor Steve Smith