



NaBITA CARES

Stress during an infectious disease outbreak can include:

- Changes in workplace habits
- Changes in eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol and drugs
- Fear and worry about your own health and the health of your loved ones

NaBITA is pleased to offer a no cost, private consultation with one of our affiliated consultants and past presidents who has been at the forefront of helping with the stress and impact of COVID-19.

David J. Denino is a licensed and nationally certified counselor that has been providing front line mental health and coping with COVID-19 response via TEAMS meetings to Red Cross workers in the Connecticut/Rhode Island region. David also has an extensive background in crisis and trauma counseling, having provided mental health services at mass shootings and major natural disasters like hurricanes Katrina and Harvey. More information about David can be on our website at <https://www.nabita.org/consulting/david-denino>

David is available for 15 minute consultations and can be helpful in listening to your concerns and providing direction and advice that may help you with day to day coping skills. This is not meant to be traditional counseling session (no intake, no notes, no records kept). If counseling may be needed, David will work with you to get appropriate resources for you.

You can reach David by email at deninod1@southernct.edu, or by text at (203) 631-0929 (9am-5pm, Mon-Fri EST).

If your concerns are immediate, and if you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others: please see some resources below that can be of help to you or others in need.

- Call 911
- Call the Disaster Distress Helpline at 1-800-985-5990, or text TalkWithUs to 66746
- Call the National Domestic Violence Hotline at 1-800-799-7233 and TTY 1-800-787-3224
- National Alliance for Mental Illness state WARMLINE numbers: <https://www.nami.org/NAMI/media/NAMI-Media/BlogImageArchive/2020/NAMI-National-HelpLine-WarmLine-Directory-3-11-20.pdf>
- NAMI HelpLine: (800) 950-NAMI (6264) Monday through Friday between 10:00 am and 6:00 pm ET for mental health resources and crisis support resources
- National Suicide Prevention Lifeline: Call (800) 273-TALK (8255). If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline to speak with a trained crisis counselor 24/7