



COUNTY OF BEDFORD, VIRGINIA

County Administration Building

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Bedford, Virginia 24523

Tel: (540) 586-7601

ADMINISTRATION

For immediate release:

April 8, 2020

Contact: Sheriff Mike Miller, 540-586-4800, mmiller@bedfordsheriff.org

Information and Referral for Mental Health Support Available through Bedford County Call Center

Bedford, Va. (April 8, 2020) –

Dealing with the COVID-19 crisis can be a very stressful time. The Bedford County Call Center, which opened to residents on March 30th has recognized the need to add supportive services for those struggling with ways to cope. Additional staff have been added to help with information and referral.

Any Bedford County resident needing assistance dealing with emotional stressors due to COVID-19 is urged to call the Bedford County Call Center at (540) 587-9720. Operators will answer calls between the hours of 9:00am and 5:00pm M-F. A voicemail has been set up for calls that come in outside of those staffed hours. Emails can also be directed to COVID19-BedfordHelp@BedfordCountyVA.GOV.

The call center is set up to address non-emergency questions. Its mission is to help residents feel as safe as possible, while connecting them with the resources that may address their needs. All emergencies should still dial 9-1-1.

For additional resources on dealing with anxiety, stress, and mental health issues associated with COVID-19, please visit the CDC's website: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>.

Local Resources:

- For the latest updates on how COVID-19 is effecting our area, please visit <https://www.bedfordcountyva.gov/about-bedford/covid-19>

National and State Resources:

Citizens are also encouraged to visit the links below for the most current information.

- www.cdc.gov/COVID19
- <http://www.vdh.virginia.gov/>

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