

Health



4.24.2020

Fitness, dr. visits, mental health

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Be Well Community - <https://bewellcommunity.ca/>

Both hospitals are closing some of their urgent cares. Follow the links to see what facilities are open and you are able to make appointments online to prevent from setting in the waiting rooms.

Cox – Cox Telehealth is free

https://www.gohealthuc.com/springfield/springfield/east-battlefield?utm_source=bing&utm_medium=cpc&utm_campaign=IP_PS_Mercy_Springfield_EBattlefield_NB_BB&utm_term=fast%20%2Burgent%20%2Bcare&utm_content=Urgent%20Care%20-%20BMM

Cox Offers Video Visits <https://www.coxhealth.com/services/virtualvisits/>

Virtual Visits offers online care for common conditions like strep throat, allergies and stomach flu. It's all made possible through a live, completely confidential video consultation service. It uses a secure online video connection (like Skype or FaceTime) so you can have a private visit with a qualified CoxHealth medical professional. If you have a computer, smartphone or other mobile devices, you can have an appointment. How easy is that? Online appointments are available for people ages two years and older. There are no unexpected costs and if you need a prescription, we'll call it into your pharmacy. Some Basic Care visits may require additional labs or exams that aren't available in all settings.

Mercy - https://www.gohealthuc.com/springfield/springfield/east-battlefield?utm_source=bing&utm_medium=cpc&utm_campaign=IP_PS_Mercy_Springfield_EBattlefield_Brand_BB&utm_term=mercy%20urgent%20care&utm_content=Mercy%20Urgent%20Care%20-%20Exact

Mercy Now Offers Video and Telephone Visits

As a leader in virtual care, Mercy is able to offer many safe alternatives to in-person office visits, for both adult and pediatric care. **Video visits allow you or your child to meet with your provider, securely and confidentially.** It's designed to get you the care you need without waiting for social distancing restrictions to be lifted. Our providers are also using telephone visits for patients who don't have video capability on their computer or phone, or for situations where a full

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video visit isn't required. Visit [MyMercy](#) for more information or to schedule your video or phone visit today.

Jordan Valley – updates <https://www.jordanvalley.org/news-and-events>

*****If you are or someone you love is having a medical emergency please call 911 and/or go to the emergency room.**

Senior Age Emergency opt in program

<https://senioragemo.org/breaking/seniorage-alert-program-opt-in-form/>

Mental Health

Join **Burrell Behavioral Health** on their Facebook page - Join daily from 12:45-1:15 to practice self-care and connection during the COVID-19 response.

https://www.facebook.com/BurrellCenter/?_tn=%2CdkCH-R-R&eid=ARBwi1R7qkukLEZqPQqgsqVSUdSq7abEsPKKJMmqNM4l5NyT_hIUaISAMRcCHZKSp-h7WYh8qA3cccOm&hc_ref=ARSRL-aMOK7C3lqroFTQqDUeS5h_Jn7pAnVzVdMwhWFyS--sHIXbppn8jrGVeJJ-oA&hc_location=group

Centers for Disease Control: CDC offers suggestions on coping directly with the stress of COVID-19 at <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html> and suggestions for caring for your emotional health at <https://emergency.cdc.gov/coping/selfcare.asp>

Temple Grandin Tips for Children with Autism Coping with the Quarantine

<https://parade.com.cdn.ampproject.org/c/s/parade.com/1019088/debrawallace/temple-grandin-tips-children-with-autism-coronavirus-quarantine/amp/?fbclid=IwAR3vW056yEkkq17DIFN7sNrtZ>

Family-to-Family Supports: During these times of uncertainty, Missouri Family-to-Family is here to help. If you'd like someone to talk to about issues affecting your life or want to be connected with a trained peer support mentor, [send us an email](#), visit our website [at www.mofamilytofamily.org](http://www.mofamilytofamily.org) or give us a call [1-800-444-0821](tel:1-800-444-0821). Our Family Navigators are ready to speak with you today

Burrell Crisis Line 800-494-7355 24 hours a day / 7 days a week

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Crisis Text Line – Text HELLO to 741741 or message us a [facebook.com/cristextline](https://www.facebook.com/cristextline) to chat with a crisis counselor. 24 hours a day / 7 days a week

National Suicide hotline 800-784-2433 or 800-422-4673 24 hrs / 7 days a week

Spectrum 1-833-267-6094

If you need assistance in managing stress related to COVID-19, please call the **Disaster Distress Helpline** at: 1-800-985-5990 or text "TalkWithUs" to 66746

Keeping Fit

OT made outside exercise video -

<https://www.facebook.com/rebekahjohnstone/videos/10221689818012397/>

Special Olympics -Online trainings in health and wellness and leadership and life skills for Special Olympics Missouri athletes, coaches, families and volunteers. The health and wellness portion of #SOMOatHome goes live at 10 a.m. and 4 p.m. every day on our [Facebook channel](#), while the Lead-At-Home programming will offer a class every weekday, but the times may differ depending on who's leading that session. <https://somo.org/athome>

Special Olympics – School of Strength exercise video program

<https://www.specialolympics.org/school-of-strength>

Fitness Blender – Free online workouts for every fitness level -

<https://www.fitnessblender.com/>

American Heart Associates – Lets Move Together – Live and Virtual Workouts

https://www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-month?fbclid=IwAR3LFeeAH6EtdSgOspMsrfsf0Lj46p53CX3iveBv1cbP0zgnmeWk62RFS_M