



NEWS RELEASE

**FOR IMMEDIATE RELEASE**

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### **Providing Care for Your Mental Health During a Crisis**

At local Community Health Center, VCC, there has been an increase in mental health support requests from people in the community. The uncertainty of the COVID-19 pandemic and feelings of being out of control can be a trigger for many anxiety disorders. As the crisis takes its toll on people's mental health, particularly those already living with conditions like anxiety, depression and OCD, more are needing help and somewhere to turn.

VCC is aware of this and prepared to give their patients and communities the support they need. VCC Behavioral Health Manager Courtney Albini says her team has been using the acronym HOPE because that is what they are doing - Helping Others Prepare Emotionally. The clinic offers behavioral health services for a variety of reasons, ages, and stages of life. The service is accessible to anyone regardless of income and insurance status. Appointments with experienced mental health professionals are currently being given through Telehealth, a safe technology that allows patients to stay home and stay safe while still being able to receive the care they need.

If you need help, consider reaching out for support. VCC professionals are here to support you during these difficult times. Call 760 631 5000 ext 1227 for further information or to make an appointment.

#### About Vista Community Clinic

With eight state-of-the-art locations in North San Diego, Orange and Riverside Counties, VCC provides affordable, high quality health care to more than 69,000 community residents. Services offered by VCC

include primary care, pediatrics, prenatal and women's health, optometry, chiropractic care, dental health, podiatry, acupuncture and behavioral health services. VCC also offers a wide array of community health education programs which are free and open to all community residents. VCC is recognized by the National Committee for Quality Assurance (NCQA) as a Level 3 (highest) Patient-Centered Medical Home, and is the recipient of the HRSA National Quality Leader Seal for exceeding national clinical quality benchmarks. For more information call 760.631.5000 or visit [www.vcc.org](http://www.vcc.org).

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