



NEWS

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“It’s Just Too Much to Handle.”

Metrocare braces for increased call loads as pandemic cases spiral upward and restrictions once again ordered for some businesses and industries

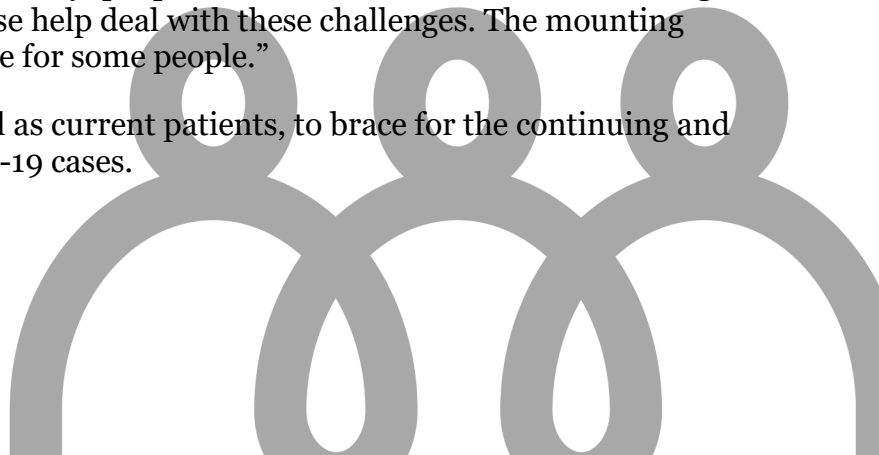
(DALLAS, July 17, 2020) – Metrocare, the largest provider of mental and behavioral healthcare in Dallas County, said today the Center is bracing for increased calls for assistance because of spiraling Covid-19 cases in Dallas County, across Texas and the rest of the country.

Dallas County Judge Clay Jenkins says the worst is yet to come in terms of the number of Covid-19 cases here. In addition, Texas Governor Greg Abbott warns that he expects Covid-19 cases and deaths to surge through July. As a result, Governor Abbott has expanded his ban on elective surgeries in more than 100 Texas counties to help free up available hospital beds and resources. Dallas County, considered a “hot spot” for Covid-19 is on the list.

Meanwhile, the governor and education leaders are discussing how to resume operations at public schools and colleges in the fall, and some local and state officials are scaling back plans to reopen businesses. Governor Abbott has suggested that if the disease pace continues, he may have to reimpose the “Shelter in Place” orders instituted early in the crisis.

“With more questions than answers,” said Metrocare’s Chief Medical Officer Dr. Judith Hunter, “many people may be feeling anxious and depressed because they are concerned about their jobs or even putting food on the table. Sadly, people often can’t or are afraid of attending church or family events that might otherwise help deal with these challenges. The mounting pressures may seem like too much to handle for some people.”

Metrocare is advising staff members as well as current patients, to brace for the continuing and future mental health impact of rising Covid-19 cases.





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Experts are telling family members and professionals to watch for symptoms brought on by the crisis including:

- Appearance of being emotionally numb or exceptionally agitated, irritable or anxious
- Significantly decreased or increased sleep
- Use of drugs or increased use of alcohol
- Feelings of hopelessness or loss of control
- Talk of ending one's life
- Threats about suicide should definitely be taken seriously.

“That’s a clear sign of trouble,” said Dr. Hunter. “Don’t ignore it. Often people who are suicidal will drop hints that really represent cries for help. That’s definitely the time to get professional assistance. Call the 24/7 Crisis Hotline 866-260-6000 for immediate support.”

If you are in need of mental health services, please call Metrocare’s Coronavirus Support Line at **214-743-1215**.

About Metrocare Services

Metrocare is the largest provider of mental health services in North Texas, serving more than 60,000 adults and children annually. For over 50 years, Metrocare has provided a broad array of services to people with mental health challenges and developmental disabilities. In addition to behavioral health care, Metrocare provides primary care centers for adults and children, services for veterans and their families, accessible pharmacies, housing and supportive social services. Alongside the clinical care, researchers and teachers from Metrocare’s Altshuler Center for Education & Research are advancing mental health beyond Dallas County while providing critical workforce to the state. For more information, visit metrocareservices.org or call 214-743-1200. Follow us on [Facebook](#) and [Twitter](#).

