

CITY OF PHILADELPHIA

Department of Behavioral Health and Intellectual disAbility Services Promoting Recovery, Resilience & Self Determination Jill Bowen, Ph.D. Commissioner

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COVID-19 Vaccine Update

With COVID-19 vaccinations now taking place in Philadelphia -- and in many countries around the world -- we know the end of this historic global pandemic is finally coming into view.

We also know, however, that there is much work still to be done. A comprehensive vaccination program will take time and will evolve throughout the coming months.

In order to maintain the most accurate and up-to-date information every step of the way, the Department of Behavioral Health and Intellectual disAbility Services (DBHIDS) is aligning all actions concerning vaccinations with the Philadelphia Department of Public Health (PDPH). I urge all providers to do the same to ensure you have access to consistent and factual information about COVID-19 and vaccination programs within Philadelphia.

It may help you to bookmark the following pages to guide you in the coming months and help prepare for when your staff and colleagues will have the opportunity to be vaccinated:

- PDPH COVID-19 vaccine page
- City of Philadelphia vaccine FAQ.

This continues to be a challenging time for all of us. Many of us have lost friends and loved ones or know someone who has. This devastating period, already nearing a full year, has had a stunning and painful toll.

While all of us are involved with work that involves caring for others, it's vitally important we take some time to also think of ourselves and consider the heightened stress and anxiety we may have also endured.

It is helpful to continue to message out your own services for the communities you serve, as well as the general messages we have been sharing: If you or a loved one is experiencing behavioral health distress, please visit <u>HealthyMindsPhilly.org</u> for a free, anonymous self-assessment or visit <u>MindPHLtogether.com</u> to learn more about services available to help. If you need immediate help, please call the crisis hotline at 215-685-6440 or our Member Services number at (888) 545-2600.

You're not in this alone. We will get through this together.

Jill Bowen, Ph.D.

DBHIDS Commissioner