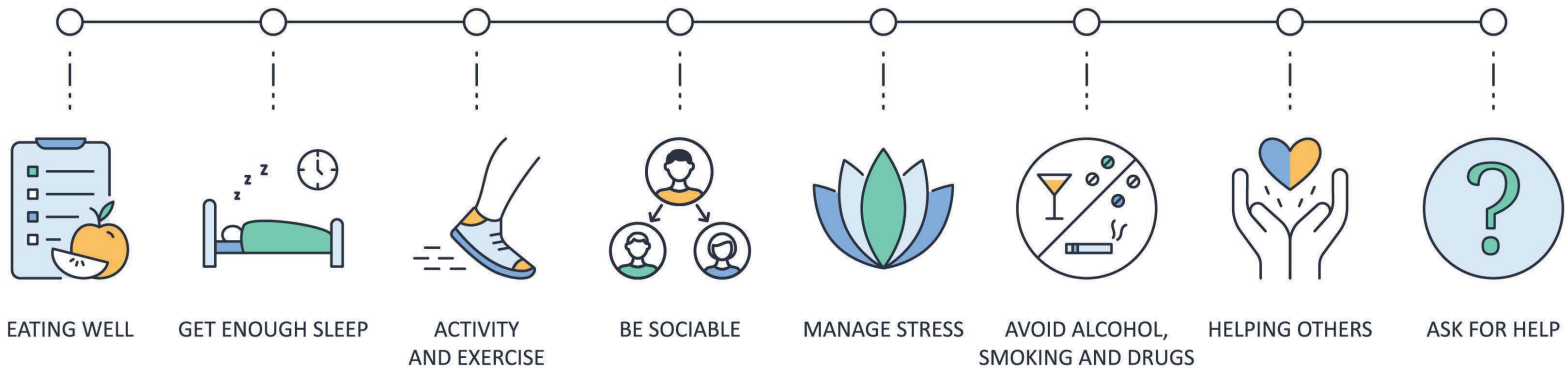


N Dallas Township NEWSLETTER

MENTAL HEALTH



Dallas Township Chief Of Police Provides Contacts for Assistance

The COVID-19 pandemic has likely brought many changes to how you live your life, and with-it uncertainty, altered daily routines, financial pressures and social isolation. You may worry about getting sick, how long the pandemic will last, and what the future will bring. Information overload and misinformation can make your life feel out of control and make it unclear what to do. During the COVID-19 pandemic, many people have experienced stress, anxiety, fear, sadness, and loneliness. Surveys show a major increase in the number of U.S. adults who report symptoms of

stress, anxiety and depression during the pandemic, compared with surveys before the pandemic. For all of these reasons, it's important to learn self-care strategies and get the care you need to help you cope. Self-care strategies are good for your mental and physical health and can help you take charge of your life. Take care of your body and your mind and connect with others to benefit your mental health. Some include: take care of your body (physical health), take care of your mind (reduce stress triggers), connect with others (build support and strengthen relationships, and most importantly, get help when you need it! If you're feeling suicidal or thinking of hurting yourself, seek help. Contact your primary care provider or a mental health professional. If you are in need of immediate assistance please **dial 911**.

Domestic Violence Services: Legal support, counseling, shelter, and other help

Agency: Domestic Violence Service Center - Hotline Number: 570-823-7312 or 1-800-424-5600

Elder Abuse Services:

Counseling, shelter and protective services for older victims and their families

Agency: Area Agency on Aging (Bureau for Aging) Hotline Number: 570-822-1158 or 1-800-252-1512

Child Abuse Services:

Counseling, information and referral services for abused and neglected children and their families
Agency: Luzerne County Children & Youth or Childline - Hotline Number: 570-826-8710 or 1-800-932-0313

Crisis Support:

If you are experiencing a mental health crisis, please dial 211 from your cell phone or 570-829-1341. You can also text your zip code to **TXT 211**.

Follow us on social media
@Dallastownship





NO PARKING

DALLAS TOWNSHIP WINTER PARKING ORDINANCE

Dallas Township would like to remind residents that the winter parking ordinance is in effect. Parking is restricted on Township streets during snow and inclement weather and for 8 hours afterwards. If your car is in the way of plows you will be ticketed.

DALLAS TOWNSHIP SOUTHSIDE PARK PROJECT UPDATE



Due to the inclement weather the Southside Park construction has been postponed until March 1st. To keep up with all of the progress, please visit: www.dallastwp.org or the Dallas Township Facebook and Instagram pages.

Upcoming Events: ALL EVENTS WILL BE HELD VIRTUALLY

- **March 2, 2021: Supervisors Meeting at 6:30PM**
- **March 9, 2021: Planning Commission Meeting at 7:00PM**
- **March 15, 2021: Zoning Hearing Board Meeting at 6:30PM**

If you would like access to Township meetings via phone call, please request log-in information by submitting a request using: meetings@dallastwp.org. Meeting access requests must be made by 2:00PM the day of the scheduled meeting. All meetings will be held virtually until further notice!

Dallas Township Road News and Congratulations to our Roadmaster



The road department has faced a challenging year due to the pandemic. This winter has been tough and so has keeping up with storms and all of the snow. The entire road crew is trying their best to stay ahead of everything! Roadmaster, Gary Vandeutsch is very grateful for an experienced crew! Congratulations to Gary for his first full year as Roadmaster! Gary and his team are doing a tremendous job! If you see the road crew out, HONK and WAVE for a job well done!