



## Media Release

### For Immediate Release

04/10/2020

Rowan County Case Information:  
<https://bit.ly/rowan-covid19-map>

### COVID-19 information contacts

Website: [www.rowancountync.gov/covid-19](http://www.rowancountync.gov/covid-19)

Email: [covid-19@rowancountync.gov](mailto:covid-19@rowancountync.gov)

Phone: 980-432-1800

## North Carolina COVID-19 Modeling Shows Social Distancing Necessary to Slow the Spread and Preserve Hospital Capacity to Save Lives

A collection of North Carolina experts released a composite modeling forecast looking at how COVID-19 could affect North Carolina in the coming months. The model indicates if all social distancing were to stop at the end of April, roughly 750,000 North Carolinians could be infected by June 1. On the other hand, if some form of effective social distancing remains in place after April, that number is lowered by half a million to an estimated 250,000 people. That's because social distancing lowers the number of people that one person will infect. View the full article on [North Carolina Department of Health and Human Services' website](#).

## New Mental Health Supports for All North Carolinians, Including Health Care Workers and Their Families

The North Carolina Department of Health and Human Services has two new mental health resources to support North Carolinians throughout the [COVID-19](#) crisis.

The **Hope4NC Helpline** (1-855-587-3463) connects North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis. This initiative is in partnership with all seven of the state's [LME/MCOs](#) and REAL Crisis Intervention Inc. in Greenville. Hope4NC is now available 24 hours per day, seven days a week to speak to a live person.

The **Hope4Healers Helpline** (919-226-2002) is a new initiative in partnership with the North Carolina Psychological Foundation. It provides mental health and resilience supports for health care professionals, emergency medical specialists, first responders, other staff who work in health care settings and their families throughout the state who are experiencing stress from being on the front lines of the state's COVID-19 response. Hope4Healers is also available 24 hours per day, seven days a week for people to reach out for support; they will be contacted quickly by a licensed mental health professional for follow-up. View the full article on [North Carolina Department of Health and Human Services' website](#).

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