



Coping with Stress and Fear of COVID-19

- **Take care of your emotional health.**
- **Take breaks from watching, reading, or listening to news stories**, including those on social media.
- **Take care of your body.**
 - Take deep breaths, stretch, or meditate.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly.
 - Get plenty of sleep.
 - Avoid excessive alcohol and drug use.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Virtually connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Get immediate help in a crisis:

- Call 911
- Disaster Distress Helpline: 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat.
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522 National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotline: 1-800-656-HOPE (4673) or Online Chat external icon
- The Eldercare Locator: 1-800-677-1116 TTY Instructions
- Veteran's Crisis Line: 1-800-273-TALK (8255) or Crisis Chat or text: 8388255

Find a health care provider or treatment for substance use disorder and mental health:

- To connect to local health and human resources in our community, visit www.helpsteps.com
- SAMHSA's National Helpline external icon: 1-800-662-HELP (4357) and TTY 1-800-487-4889
- Treatment Services Locator Website external icon
- Interactive Map of Selected Federally Qualified Health Centers external icon

