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 Hablamos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablamos 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](#)
- **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](http://www.helpsteps.com)
- [SAMHSA’s National Helpline](#)
- [Treatment Services Locator Website](#)
- [Interactive Map of Selected Federally Qualified Health Centers](#)