



Are you experiencing stress and anxiety related to coronavirus (COVID-19)?

Would you like to speak to someone about your thoughts and fears?

Contact the Disaster Distress Helpline.



1-800-985-5990



Text TalkWithUs to 66746



DisasterDistress.samhsa.gov



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Things you can do to reduce stress and anxiety related to COVID-19

Take care of yourself. Try to eat healthy and exercise when you can.

Get enough sleep.

Reach out to friends and family. Talk to someone you trust about how you are doing.

Know when to ask for help. It's a stressful time and you are not alone in how you're feeling.

Tips for parents when talking to children about COVID-19

Offer reassurance. Let children know doctors and researchers are doing what they can to keep people safe.

Watch for signs of anxiety. Children may not be able to express their feelings, but they may show them (i.e. cranky, clingy, distracted).

Monitor media consumption. Keep young children away from frightening images they may see on TV, social media, etc. Talk to older children about what they're hearing.

Give them control. Remind children of what they can do to help (i.e. wash hands often, get enough sleep).

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