

Helpful resources for coping with COVID-19.

Texas Department of State Health Services

24/7 Mental Health Support Line, 833-986-1919

<https://www.dshs.state.tx.us/coronavirus/mental-health.aspx>

Centers for Disease Control and Prevention (CDC)

Coping with the stress of COVID-19

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Coping with the stress of COVID-19

Take care of yourself.

- Meditate
- Eat healthy meals (*This is the fuel your body needs to reduce stress.*)
- Exercise (*Move, move, move!*)
- Sleep (*Make this a priority.*)
- Avoid alcohol and drugs
- Find ways to connect with others.

Take breaks from watching, reading, or listening to news stories. This includes social media.

Help is available 24/7:

- Disaster Distress Helpline, 1-800-985-5990, or text to 66746
- Suicide Prevention Lifeline, 1-800-273-8255, or text to 741741
- Domestic Violence Hotline, 1-800-799-7233
- Substance Abuse Helpline, 1-800-662-4357