



## ***Taking Care of Yourself***

The uncertainties related to COVID-19 may be stressful for you or people you know. There are steps that you can take to take care of yourself and each other, including:

- **Unplug:** Take a technology break from the news coverage, and social media posts about the virus
- **Connect (safely):** Spend time (or connect virtually!) with friends and family doing activities that you love to give your mind a break.
- **Practice Self-Care:** Stress puts a strain on our brains and bodies. Take care of you by engaging in activities that you find healing, and re-energizing. Self-care looks different for everyone. If you aren't sure where to start here are some suggested methods: spend time alone or with loved ones, exercise, stretch, journal, go into nature, create something, listen to music, try something new.

If you find yourself or someone you know in need of additional support, contact:

- **211.org**  
Comprehensive resource database that connects you to specialists in your area to find the services and support for your specific needs
- **SAMHSA's Disaster Distress Helpline, 1-800-985-5990**  
24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster
- **Crisis Text Line, text "club" to 741741**  
24/7, 365 day-a-year, national text line dedicated to providing immediate crisis text support for people who are experiencing emotional distress
- For **Human Resources support** and resources related to the Coronavirus please contact the 501c Services HR Hotline at 800-442-4867

## **For More Information**

[Centers for Disease Control and Prevention Mental Health and Coping](#)

[SAMHSA Disaster Preparedness, Response, and Recovery](#)