

# Behavioral Health During COVID-19

## TIPS FOR COPING WITH STRESS DURING A PANDEMIC:

- **Rely of Trusted Sources of Information:** visit [www.mass.gov/2019coronavirus](http://www.mass.gov/2019coronavirus) or [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov). You can also Call 2-1-1 to get up to date information on COVID-19.
- **Stay connected to community** - talk with your friends, family or faith community through phone, text, email, FaceTime, Skype, Zoom or Google Hangouts.
- **Prioritize usual strategies for managing anxiety** - use relaxation techniques, meditation, mindfulness, reading or prayer.
  - Calm Meditation Resource <https://blog.calm.com/take-a-deep-breath>
  - Headspace Meditation Resource <https://www.headspace.com/covid-19>
- **Exercise!** Walking, time outdoors, yoga or stretching are all great options to keep you moving.
- **Stay in touch with your mental health or substance use disorder provider.** Telehealth options are available that allow you to connect with providers remotely. Continued treatment is essential.

## HELP IS AVAILABLE

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call

- 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)
- If you, or someone you know, are experiencing an addiction related crisis call 211 now.
- [National Suicide Prevention Lifeline](http://www.nationalsuicideline.org) 1-800-273-TALK (8255)
- [The Trevor Helpline](http://www.thetrevorproject.org) 866-4-U-TREVOR (488-7386) Specifically for Lesbian, Gay, Bisexual and Transgender youth and young adults
- Now Matters Now- For Suicidal Thoughts <https://www.nowmattersnow.org/skills>