

We have compiled some tips and resources taken directly from the *Center of Disease Control (CDC)*. Please share! If you are concerned for yourself or a friend, remember no concern is too small. Please reach out to your school counselor or any trusted adult with your concerns. We are here to help!

## Young Adults: Care for yourself one small way each day

Find creative ways to safely spend time with friends, like virtual movie parties.



Head outdoors and get moving

Treat yourself to healthy foods and get enough sleep.



Make time to relax by reading, listening to music, or exploring a new hobby.

Remember you're not alone.



Substance Abuse and Mental Health Services Administration  
Disaster Distress Hotline: call or text 1-800-985-5990

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## **Healthy ways to cope with stress**

- Know [what to do if you are sick](#) and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19.
- Know where and how to get treatment and other support services and resources, including counseling or therapy (in person or through telehealth services).
- Take care of your emotional health. [Taking care of your emotional health](#) will help you think clearly and react to the urgent needs to protect yourself and your family.
- Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
  - Take deep breaths, stretch, or [meditate](#)
  - [Try to eat healthy, hydrate, and eat well-balanced meals.](#)
  - [Exercise regularly.](#)
  - [Get plenty of sleep.](#)
  - Avoid [alcohol and drug use.](#)
- Make time to unwind. Try to do some other activities you enjoy.
- 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.

## **Resources:**

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. Free and confidential [resources](#) can also help you or a loved one connect with a skilled, trained counselor in your area.

Get immediate help in a crisis

- Call 911
- [National Suicide Prevention Lifeline](#): 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or [Lifeline Crisis Chat](#)
- [National Sexual Assault Hotline](#): 1-800-656-HOPE (4673) or [Online 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

Find a health care provider or treatment for substance use disorder and mental health

- [SAMHSA's National Helpline](#): 1-800-662-HELP (4357) and TTY 1-800-487-4889
- [Treatment Services Locator Website](#)
- [Interactive Map of Selected Federally Qualified Health Centers](#)