COPE WITH COVID

Even if you’re not sick, uncertainty from COVID-19 can affect your mental health and your family’s wellbeing. It’s OK not to feel OK. It’s OK to ask for support. There’s help available.

TAKE IT DAY BY DAY

• Set goals/priorities.
• Take care of your body (eat, sleep, exercise).
• Connect virtually with friends and family.
• Take a break from the news.
• Make time to unwind.

SUPPORT LOVED ONES

• Be a role model for healthy behavior.
• Reassure kids they are safe.
• Let young people know it’s OK to feel upset.
• Share accurate, factual information with your family.
• Try to keep up regular routines.

REACH OUT

Get help right away
Safe + Strong Oregon Helpline
800-923-4357 (HELP)
National Suicide Prevention Lifeline
800-273-8255

Access free mental health resources
safestrongoregon.org/mental-emotional-health

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