

COPE WITH COVID

Stressed. Exhausted. Worried. Unsure.

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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