



Empowering Individuals and Strengthening Communities

Coping with COVID-19 Anxiety and Stress

Concerns for our health and the health of our loved ones, a stream of sometimes confusing and contradictory information, disruptions to routines, worry about the impact on personal finances and uncertainty about how and when life will return to some semblance of normal - these are just a few ways COVID-19 has impacted our mental well-being.

During this time of heightened anxiety, we know that you or a loved one may need someone to talk to. Please know that our phone, text and chat call specialists are available 24/7 to listen and provide support. This service is free and open to all members of our community. You do not have to be in crisis to connect with us. Reach out even if you are just looking for ways to support someone you are concerned about.

Call/Text: 301.738.2255

Chat: <https://suicidepreventionlifeline.org/chat/>

In addition, we've compiled a list of resources from trusted organizations to help navigate these difficult times.

[Manage Anxiety and Stress](#)

Centers for Disease Control and Prevention

[Managing Stress Associated with COVID-19 Virus Outbreak](#)

National Center for Posttraumatic Stress Disorder

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

National Association of School Psychologists

[Five Ways to View Coverage of the Coronavirus](#)

American Psychological Association

[Coping with Coronavirus Anxiety](#)

Harvard Medical School

Need Help/Support/Resources?

Call or Text: 301.738.2255

Chat: <https://suicidepreventionlifeline.org/chat/>

ServingTogether Veteran Peer Navigator : 1.855.738.7176

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