



**Are you experiencing stress and anxiety related to coronavirus (COVID-19)?**

**Would you like to speak to someone about your thoughts and fears?**

**Contact the Disaster Distress Helpline.**



**1-800-985-5990**



**Text TalkWithUs to 66746**



**[DisasterDistress.samhsa.gov](https://DisasterDistress.samhsa.gov)**



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## **Things you can do to reduce stress and anxiety related to COVID-19**

**Take care of yourself. Try to eat healthy and exercise when you can.**

**Get enough sleep.**

**Reach out to friends and family. Talk to someone you trust about how you are doing.**

**Know when to ask for help. It's a stressful time and you are not alone in how you're feeling.**

## **Tips for parents when talking to children about COVID-19**

**Offer reassurance. Let children know doctors and researchers are doing what they can to keep people safe.**

**Watch for signs of anxiety. Children may not be able to express their feelings, but they may show them (i.e. cranky, clingy, distracted).**

**Monitor media consumption. Keep young children away from frightening images they may see on TV, social media, etc. Talk to older children about what they're hearing.**

**Give them control. Remind children of what they can do to help (i.e. wash hands often, get enough sleep).**

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