



**We understand the stress COVID-19 may cause, and we are here to support you and your family.**

## **WHEN TO CALL AND ASK FOR HELP:**

- ~You find yourself reliving old traumas you thought were healed.
- ~Your feelings of anger, fear, vulnerability or blame just won't go away.
- ~You find that you are drinking more or using other drugs to help you get through.
- ~Your functioning at work, home or school is being negatively affected by your emotional stress.
- ~You have thoughts of wanting to harm yourself or another person.

### **RESOURCES**

**SAMHSA's National Helpline  
(Treatment/Referrals):**  
800-662-4357

**Online AA meetings:**  
<https://www.aa-intergroup.org/>

**Online NA meetings:**  
<https://virtual-na.org>

**Tips for Emergency Responders:**  
<https://emergency.cdc.gov/coping/responders.asp>

**Mental Health Toolkit:**  
[www.mhanational.org/may](http://www.mhanational.org/may)

### **QUARANTINE UPDATES**

**CDC Updates:**  
<https://www.cdc.gov/coronavirus>

**CDC Hotline:**  
800-232-4636

**Unemployment Insurance:**  
<https://www.dol.gov/general/topic/unemployment-insurance>

