



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

QUARANTINE UPDATES

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

CDC Hotline:
800-232-4636

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

