

Taking Care of Your Emotional Health



Fear and anxiety about COVID-19 can be overwhelming and cause strong emotions in adults and children.

Everyone reacts differently to stressful situations. Stress responses during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or other drugs.

If you or someone you care about continues to show signs of stress and you are becoming concerned, you may want to reach out for help.

SAMHSA's Disaster Distress Helpline, 1-800-985-5990, provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

For accurate, up-to-date information about COVID-19, please visit the CDC's website at [cdc.gov/coronavirus/2019-ncov/](https://www.cdc.gov/coronavirus/2019-ncov/).

Call the Alliance 24-hour Access and Information Center at 800-510-9132 and a licensed clinician will assist you in finding the right kind of help.



24-Hour
Access and Information Line
Call 800-510-9132