


Stressed? Need to talk?

Call 24/7

Fear and anxiety about COVID-19 can be overwhelming for adults, youth and children. Everyone has different stress responses that may include:

- Feeling alone.
- Irritable or feeling out of sorts.
- Head, stomach or body aches.
- Changes in sleep or eating patterns.
- Difficulty concentrating, forgetful.
- Fear for your own health.
- Worried about the health of your family or friends.
- Increased use of alcohol, tobacco or other drugs.
- Feeling stuck, no time for self-care.
- Looking for ideas to stay calm and healthy.

**HOPE  4 NC HELPLINE
1-855-587-3463**





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Free and
Confidential

Find hope. Find help.

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(1-855-587-FIND)