Emotional Wellbeing During the COVID-19 Outbreak

Coping Tips

People that are feeling emotional distress related to COVID-19 can take actions to help support themselves and others.

- Set a limit on media consumption, including social media, local or national news.

- Stay active. Make sure to get enough sleep and rest. Stay hydrated and avoid excessive amounts of caffeine or alcohol. Eat healthy foods when possible.

- Connect with loved ones and others who may be experiencing stress about the outbreak. Talk about your feelings and enjoy conversation unrelated to the outbreak.

- Get accurate health information from reputable sources. For health information about COVID-19, please contact the Centers for Disease Control at cdc.gov, your local healthcare provider, or your local 211 and 311 services, if available.

- The national Disaster Distress Helpline is available to anyone experiencing emotional distress related to COVID-19. Call 1-800-985-5990 or text TalkWithUs to 66746 to speak to a caring counselor.

- If you're experiencing emotional distress related to COVID-19, please call the National Suicide Prevention Lifeline or your local crisis line.

- For coping tools and resources, visit the Lifeline website at suicidepreventionlifeline.org or Vibrant Emotional Health's Safe Space at vibrant.org/safespace.

- [The National Domestic Violence Hotline](#) has highly trained advocates available 24/7 to ensure services and continue to support survivors.

Helpful Resources

Reliable sources of information about COVID-19:

- [Centers for Disease Control and Prevention (CDC)](#)
- [World Health Organization (WHO)](#)

Other Helpful Resources to Support Your Mental and Emotional Wellbeing:

- CDC's ["Manage Anxiety and Stress"](#)page provides what stress can look like and tips to manage that stress.
- The National Child Traumatic Stress Network has a [guide](#) for parents and caregivers to help families cope with the Coronavirus Disease 2019 (COVID-19).
- Mental Health America has compiled a range of resources and information on their "[Mental Health and COVID-19](#)" page.
- ThriveNYC's "[Mental Health Support New Yorkers Can Access While Staying Home](#)" page lists free mental health services for New Yorkers, regardless of insurance coverage or immigration status.
- SAMHSA's "[Coping With Stress During Infectious Disease Outbreaks](#)" page outlines the signs of stress and steps you can take to alleviate stress.
- SAMHSA's "[Taking Care of Your Behavioral Health](#)" page provides tips for social distancing, quarantine and isolation during an infectious disease outbreak.
- SAMHSA's "[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)" page provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak.
- Vibrant Emotional Health's [Safe Space](#) provides interactive coping tools to help users when they need it.

- If you feel you or someone you know may need emotional support, please visit the Lifeline's website at suicidepreventionlifeline.org for helpful resources or call 1-800-273-TALK (8255). The Lifeline is free, confidential, and available to everyone in the U.S. You do not have to be suicidal to call the Lifeline.
- The NYS Office of Mental Health's "[Managing Anxiety in an Anxiety Provoking Situation](#)" resource page provides tips for all on how to manage anxiety surrounding the COVID-19 outbreak.
- If you're worried that someone in your life may be suicidal, you can use the Lifeline's [5 steps to help someone that may be in suicidal crisis](#).
- Action Alliance's [COVID-19 Messaging Guidance](#) page provides guidance for messengers speaking about mental health and COVID-19, as well as resources for specific groups.