



WHAT YOU CAN DO TO HELP COPE WITH EMOTIONAL DISTRESS

- Maintain a regular routine
- Maintain contact with family and friends
- Find ways to relax that do not include alcohol or drugs
- Participate in activities you enjoy
- Stay focused on personal strengths
- Limit overexposure to media
- Ask for financial, emotional and medical assistance as needed

ACCESS CENTER HOTLINE
1-800-854-7771
562-651-2549 TDD/TTY



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
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