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

Find hope. Find help.

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