You are not alone. Everyone is feeling some level of anxiety and discomfort right now. It is normal to feel this way. If you or a loved one have struggled with anxiety or other mental health concerns, this may be an even more difficult time for you. Here are some tips and resources to help.

**TIPS FOR COPING WITH STRESS DURING A PANDEMIC:**

**Rely on trusted sources of information** - NH Department of Health and Human Services and the CDC for updates.

**Stay connected to community** - talk with your friends, family or faith community through phone, text, email, FaceTime, Skype, Zoom or Google Hangouts.

**Prioritize usual strategies for managing anxiety** - use relaxation techniques, meditation, mindfulness, reading or prayer.

**Exercise!** Walking, time outdoors, yoga or stretching are all great options to keep you moving.

**Stay in touch with your mental health or substance use disorder provider.** Telehealth options are available that allow you to connect with providers remotely. Continued treatment is essential.

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**CALL YOUR LOCAL COMMUNITY MENTAL HEALTH CENTER**

Emergency Services are available in every region of the state and there are Mobile Crisis Response Teams in Concord, Manchester and Nashua.

**THE DOORWAY**

If you or someone you know is experiencing an addiction-related crisis, Call 211 now.
Behavioral Health during COVID-19

COMMUNITY RESOURCES FROM NEW HAMPSHIRE DHHS

HELPFUL LINKS TO TRUSTED INFORMATION ABOUT RESPONSES TO HIGHLY STRESSFUL SITUATIONS

FAQ resource from the National Alliance on Mental Illness (NAMI)
SAMHSA Behavioral Health during an Infectious Disease Outbreak
CDC Coping with Disaster or Traumatic Event
Potential Implications for People with Substance Use Disorders
Managing Reactions to COVID-19
NAMI NH Resources
CDC Managing Stress and Anxiety
Taking Care of Your Mental Health in the Face of Uncertainty - American Foundation for Suicide Prevention
CDC Self Care

NEED TO TALK?

General questions about COVID-19 in NH
Call 2-1-1
National Suicide Prevention Lifeline
1-800-273-8255
The Disaster Distress Helpline
1-800-985-5990

RESOURCES FOR MEDITATION, BREATHING & SKILL BUILDING FOR MENTAL WELLNESS

Now Matters Now - for suicidal thoughts
Calm Meditation Resource
Headspace Meditation Resource
Man Therapy
NH livestream worship & prayer groups
Anonymous Behavioral Health Screenings
Mental Health America: Anxiety Test
FOR CHILDREN:
Little twisters yoga & emotional wellness
KidsHealth relax and unwind center
I am yoga & I am peace

FOR FIRST RESPONDERS

CDC Managing Stress & Anxiety
CDC Taking Care of Yourself
SAMHSA Resource Portal

FOR PARENTS OR CAREGIVERS

CDC Managing Stress & Anxiety
Tips for Talking to Children about COVID-19

FOR PEOPLE IN RECOVERY

Recovery during COVID-19
Virtual NH meetings
Virtual Recovery Resources
Free Recovery SmartPhone App