Stress and Coping
Stress and Coping

COPING WITH STRESS

• Take care of your mental health. Get help in a crisis.
• Take care of yourself and your community.
• Talk to someone who is uplifting and positive.
• Take care of your emotional health.
• Take breaks from watching, reading or listening to news stories, including those on social media.
• Take care of your body - Take deep breaths, stretch, meditate, Eat healthy, sleep.
• Avoid excessive use of alcohol.
• Unwind and do something you enjoy.
Stress and Coping

RESOURCES THAT WORK

• Call 911.
• National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish
• National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522
• National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
• National Sexual Assault Hotline: 1-800-656-HOPE (4673)
• The Eldercare Locator: 1-800-677-1116
• Veteran’s Crisis Line: 1-800-273-TALK (8255) or text: 8388255
Stress and Coping

RESOURCES THAT WORK

Find a health care provider or treatment for substance use disorder and mental health:

- SAMHSA’s National Helpline: 1-800-662-HELP (4357) and TTY 1-800-487-4889
- Treatment Services Locator Website: https://findtreatment.samhsa.gov
Additional Resources
COVID-19 Toolkits

COVID-19 ONE-STOP RESOURCE SHOP- CDC

• Toolkit for General Public
• Toolkit for Businesses & Workplaces
• Toolkit for Worker Safety & Support
• Toolkit for Community & Faith-Based Organizations
• Toolkit for Parks & Recreational Facilities
• Toolkit for Domestic Travelers

COVID-19 Toolkits

COVID-19 ONE-STOP RESOURCE SHOP- CDC

- Toolkit for Shared & Congregate Housing
- Toolkit for Retirement Communities
- Toolkit for Older Adults & People at Higher Risk
- Toolkit for People with Disabilities
- Toolkit for People Experiencing Homelessness
- Toolkit for Correctional & Detention Facilities

Communication Resources

COVID-19 ONE-STOP RESOURCE SHOP - CDC

• COVID-19 Videos
• Social Media Toolkit
• COVID-19 Graphics & Buttons
• Print Resources
• Public Service Announcements (PSAs)

Final Thoughts

Be informed. Let us all do our part.

I don’t want us to lose another person to COVID-19. Too many people have gotten sick, and some people I know have died from it. Let us be informed and do our part so that we all can live. Wear a mask. Wash your hands. Practice social distancing. If you’re sick, stay at home. If everyone does their part, and we work collectively, we can get a handle on this pandemic.

Taniesha Richardson-Wiley, MPH, ADH Hometown Health Improvement
Contact Us!

ARKANSAS DEPARTMENT OF HEALTH

COVID-19 Call Center
1-800-803-7847

Email Address
ADH.CoronaVirus@Arkansas.gov

Website
https://www.healthy.arkansas.gov/programs-services/topics/novel-coronavirus

Prepared by: Taniesha Richardson-Wiley, MPH, HII Section Chief, Little Rock, AR
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