

## In times of stress, these resources can help.

Getting tested for COVID-19 is a great way to take care of yourself and those around you. But it's important to recognize that this illness doesn't just impact a person's physical health. Stress, anger, worry, and other strong emotions are a natural response to traumatic events like the COVID-19 pandemic. For people living with increased risk or health inequities, including frontline or essential workers and communities of color, maintaining your mental and emotional health may be even more challenging. Learning how to deal with difficulties in positive ways—and tapping into practical tips and resources that can offer you support—can help. Visit [resilient.wi.gov](https://resilient.wi.gov) to learn more today.



### Tips for managing stress

Self-care isn't selfish. Taking the time to protect your own physical and mental health ensures you have the resources to take care of others.

#### **Get the 3 “goods”**

That's good-for-you foods, a good night's sleep, and a good amount of exercise.

#### **Set boundaries**

Don't let the stress of current events take over what you read, watch, or talk about. And don't be afraid to ask friends and family to talk about something else.

#### **Stay Connected**

Supportive relationships keep us grounded. Reach out to family and friends, colleagues, and spiritual or support groups in whatever way you can.

#### **Relax your body**

Do what that works for you, like taking deep breaths, stretching and exercising, meditation, and spiritual activities.

#### **Do something you enjoy**

Eat a good meal, read, create a playlist of your favorite music, play video games, or talk to family and friends.

#### **Avoid negative outlets**

Find healthy ways to process your emotions. Avoid self-medicating with alcohol, drugs, or risky behaviors.

## In crisis? Find immediate support

If sadness or anxiety is overwhelming your ability to cope, you are having thoughts or self-harm of suicide, or you face difficult or dangerous circumstances and need immediate help, call 911 or reach out for crisis support right away.

### General Resources

#### **211Wisconsin**

A free, confidential 24/7/365 service that connects individuals with food and nutrition programs, housing and utilities assistance, mental health and harmful substance use services, financial and employment assistance, and more.

- 211 or 877 947 2211
- 211Wisconsin.org

#### **Disaster Distress Helpline**

- 1-800-985-5990
- Text TalkWithUs to 66746

### Violence-Based Resources

#### **National Domestic Violence Hotline**

- 1-800-799-7233 or  
TTY 1-800-787-3224
- thehotline.org

#### **National Sexual Assault Hotline**

- 1-800-656-HOPE

#### **Wisconsin Coalition Against Sexual Assault**

- [wcasa.org/survivors/service-providers](http://wcasa.org/survivors/service-providers)

#### **End Domestic Abuse Wisconsin**

- [endabusewi.org/get-help](http://endabusewi.org/get-help)

#### **DOJ Victim Services**

- [doj.state.wi.us/ocvs/find-local-crime-victim-resources](http://doj.state.wi.us/ocvs/find-local-crime-victim-resources)

### Substance Abuse Resources

#### **Wisconsin Addiction Recovery Helpline**

- Available 24/7
- 211 or 833-944-4673
- Text your zip code to 898211

### Mental Health Resources

#### **Mental & Behavioral Health Crisis Support**

- HOPELINE
- Available 24/7
- Text HOPELINE to 741741

#### **NAMI Helpline**

- 1-800-950-NAMI (6264)

#### **National Suicide Prevention Lifeline**

- Speak with a counselor
- 1-800-273-8255

#### **Trans Lifeline**

- Available 24/7
- 877-565-8860

#### **Trevor Project**

- Available 24/7
- 866-488-7386
- Text START to 678678

#### **Veterans Crisis Line**

- Available 24/7
- 1-800-273-8255, press 1
- 1-800-799-4889 for the deaf and hard of hearing
- Text 838255

## It's okay to ask for help.

You are not alone. There are many organizations ready to assist you.