



COVID-19 Support Resources



National Crisis

National Domestic Violence
Hotline 1-800-799-SAFE

GriefShare 1-800-395-5755

United Way Crisis Helpline 1-
800-233-HELP

Youth Crisis Hotline 1-800-448-
4663

Disaster Distress

Call 1-800-985-5990

or text

TALKWITHUS to 66746

If you're experiencing emotional
distress related to COVID-19,
please call the National Suicide
Prevention Lifeline

1-800-273-8255

Crisis Text

Crisis Text Line serves anyone, in
any type of crisis, providing access
to free, 24/7 support and
information via a medium people
already use and trust: text.

Text HOME to 741741 from
anywhere in the United States,
anytime, about any type of crisis.

Coping Tips

Limit media intake

Stay Active

Establish sleep schedule

Connect with friends/ loved
ones virtually

Establish new routines

Avoid information overload

Find ways to have fun

Take control of the things you
can control



PsychoSocial

