Feeling stressed or anxious about the COVID-19 pandemic?

**Use these tips to reduce your stress and anxiety:**

- **Limit or avoid news coverage if it causes you more stress and anxiety.**

- **Focus on positive things in your life that you can control.**

- **Keep stress under control by exercising, eating healthy, reading, or by trying relaxation techniques such as yoga.**

- **Talk about your experiences and feelings to loved ones and friends, if you find it helpful.**

- **Connect with others who may be experiencing stress about the pandemic.**

- **Take time to renew your spirit through meditation, prayer, or helping others in need.**

If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1–800–273–TALK (1–800–273–8255).

Alabama Apart Together provides information and education to help people understand that they have the ability to cope and adapt in a crisis. *Although we have to be apart, together we will get through this.*

Alabama Apart Together 1-888-442-1793

Any individual, including but not limited to, children, older adults, individuals with disabilities, healthcare professionals, first responders, and administrators who are working on the frontlines who are experiencing stress or anxiety related to COVID-19, may call the information line at 1-888-442-1793. The information line will connect individuals with appropriate staff and programs in north central Alabama to provide vital resources and services.