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.

**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.

**COMMUNITY RESOURCES FROM NEW HAMPSHIRE DHHS**
# Behavioral Health during COVID-19

**Community Resources from New Hampshire DHHS**

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<th>Helpful Links to Trusted Information About Responses to Highly Stressful Situations</th>
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## 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