

COPING WITH COVID-19

You don't have to fight this battle alone.

Everyone reacts differently to stressful situations. The outbreak of coronavirus (COVID-19) can be overwhelming and may cause stress, fear and anxiety. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.



You're Not Alone

SAMHSA'S DISASTER DISTRESS HELPLINE:

 1-800-985-5990

 Text TalkWithUs to 66746

 samhsa.gov

EMPLOYEE ASSISTANCE PROGRAM

CARRIER RESOURCES

FOR MORE INFORMATION, CONTACT: