



## Massachusetts Department of Public Health Wellness Tips and Resources Coronavirus Disease 2019 (COVID-19)

The outbreak of Coronavirus Disease 2019 (COVID-19) may be causing you or your loved ones to feel stress, anxiety, or other strong emotions. Such feelings are understandable and affect many individuals and families. The Department of Public Health continues to offer critical resources to help you and your family during this challenging time.

### What Can I Do Every Day to Help Reduce Stress and Anxiety?

The following wellness tips are advised by the [Centers for Disease Control and Prevention](#):

- Connect with friends and family
  - Tell them how you are feeling. Practice physical distancing while staying social virtually!
- [Get moving](#)
  - Take walks, work out at home, and stretch. Try something new!
- [Eat healthy](#)
  - Get plenty of fruits and vegetables (frozen options are great!) and watch your portion sizes. Avoid drugs and alcohol.
- Plan time for enjoyable activities
  - Get creative! Avoid consuming too much media coverage, including social media.

### Where Can I Find Resources to Help?

Massachusetts Department of Public Health Resources	
Resource	Phone Number
<a href="#">Community Support Line</a> <i>(for families with children and youth with special health needs)</i>	1-800-882-1435
<a href="#">Domestic Violence Resources</a>	877-785-2020 or 877-521-2601 (TIY)
<a href="#">MA Sexual Assault Nurse Examiner (SANE) Program</a>	See website for regional contact information
<a href="#">MA Smokers' Helpline</a>	1-800-QUIT-NOW (1-800-784-8669)
<a href="#">Mental Health Emergency/Crisis Services</a>	1-877-382-1609
<a href="#">Nutrition Resources</a>	617-624-6100
<a href="#">Problem Gambling Helpline</a>	1-800-426-1234
<a href="#">Rape Crisis Centers</a>	See website for regional contact information
<a href="#">Substance Use Helpline</a>	1-800-327-5050
<a href="#">Suicide Prevention Hotline</a>	Call or Text: 1-877-870-HOPE (4673)

For additional information, please visit [www.mass.gov/COVID19](http://www.mass.gov/COVID19) or call 2-1-1.