

HOPE  4 NC

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*hope is on the line*

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COVID-19 can make anyone worry and feel stressed. This includes adults, youth and children. People may:

- Feel alone
- Feel irritable or out of sorts
- Have changes in sleep or eating patterns
- Have trouble concentrating or be forgetful
- Fear for their own health
- Worry about the health of family or friends
- Increase use of alcohol, tobacco or other drugs
- Feel stuck, no time for self-care
- Look for ideas to stay calm and healthy