Stressed? Need to talk?
Call 24/7

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

1-855-587-3463
CALL • TEXT • CHAT

www.Hope4NC.org