

# 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

*hope is on the line*

[www.Hope4NC.org](http://www.Hope4NC.org)

**HOPE  4 NC**

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