

Vermont Is With You

Engaging Health

The Coronavirus is causing anxiety and stress for many Vermonters. We are concerned about the risk of serious illness for ourselves and our loved ones. Some Vermonters have lost loved ones to COVID-19. On-going stress can become a problem. Being aware of our feelings and connecting with others can help.

- 1.** Think about **social connection and physical distance**, not social distance. Use the phone, on-line video calls, and texting to stay close to friends and loved ones.
- 2.** If you have children, **talk with them**. Like their parents, **children** may be fearful, or simply missing their routines. Ask them about their concerns. Their answers will guide you on how to talk with them.
- 3. Reach out for support.** Don't hesitate. If you are struggling with anxiety, depression or just feeling a need to vent, there are several support lines available – see the banner below.
- 4. Reach out to support.** Helping others helps us feel better. Reach out to your friends or loved ones. Try to listen without offering advice – listening kindly helps.
- 5.** Address **mental health needs**. Depression is common and treatable. Those with a history of depression, people who feel isolated, and people who have lost their jobs are at higher risk. Know common signs of depression: anger and irritability, loss of energy, loss of interest in daily activities, and feeling helpless and hopeless. If you are concerned, reach out for [help](#).
- 6. Create positive moments.** Go for walks, play games, cook or bake something together. Many families are growing closer as we face this crisis together. Look for those moments that will create happy memories, even now.
- 7. Engage** with your community, in any ways that are possible. If you haven't already, join your local [Front Porch Forum](#). Helping others helps counter stress.

Remember, Vermont is With You. Reach out and be with Vermont!

**You
Are
Not
Alone**

Available 24/7 – If you need help, text VT to 741741

The National Suicide Prevention Lifeline
is available 24/7 at 800-273-8255

Dial 2-1-1 to find mental health services in your area

Vermont Peer Support Line – open 3 PM-6 AM
Call or text 833-888-2557