

What you may be experiencing

Worry is a common emotion that comes up when we feel uncertain about the future. You may be worried about your health or the health of your family. You may worry about paying bills, caregiving, your personal safety or other important needs. Feeling worried is typical, especially during a crisis.

Worry can make it difficult to concentrate and cause changes in your sleeping and eating habits. You may have feelings of anxiety, frustration, nervousness, fearfulness or helplessness.

What you can do

1. Take five. Even five minutes to take care of yourself can make a difference. Take a deep breath and relax.
2. Take a walk, stretch or attend a virtual exercise class. While doing an activity you enjoy, focus on the here-and-now.
3. Maintain connections with others. Call, video chat, or reach out to friends, family, neighbors or your faith community.
4. Seek support from the people and organizations who can help such as:
 - ▶ [Food banks](#)
 - ▶ [Housing support](#)
 - ▶ [Mental health](#)
 - ▶ [Health care](#)
 - ▶ Community organizations
 - ▶ Faith groups
5. Take a break from the news and social media. Spending too much time watching or reading news can create feelings of distress.
6. Seek help from a professional if your worry becomes overwhelming or feels unmanageable.
 - ▶ Talk to your doctor about how you are feeling.
 - ▶ Find mental health services: [Mental Health America](#)

Find other
resources that
could help:





Get immediate help in a crisis

Emergency Situation

- ▶ **Call 911**
- ▶ **[Disaster Distress Helpline](#)**
1-800-985-5990 (para español Presione #2)
Text TalkWithUs for English (o para español un texto que diga Hablanos al 66746).
 - Residentes de Puerto Rico que hablan español pueden enviar un mensaje de texto que diga “Háblanos” al 1-787-339-2663.
- ▶ **[National Suicide Prevention Lifeline](#)**
800-273-8255 or TTY 800-799-4889 (para español llame al 888 628 9454)

Child abuse

- ▶ **[National Child Abuse Hotline](#)**
1-800-4AChild (1-800-422-4453)
(para español presione el 1)
Text 1-800-422-4453

Veteran Support

- ▶ **[Veteran's Crisis Line](#)**
800-273-TALK (8255)
[Crisis Chat](#)
Text 8388255

Grief

- ▶ **[Red Cross Virtual Family Assistance Center](#)**
833-492-0094 (para español presione #)

Elder care

- ▶ **[The Eldercare Locator](#)**
800-677-1116
(para español presione el 2)
[TTY Instructions](#)

Domestic Violence

- ▶ **[National Domestic Violence Hotline](#)**
800-799-7233 or TTY 800-787-3224
(para español presione #2)

Assault

- ▶ **[National Sexual Assault Hotline](#)**
1-800-656-HOPE (4673)
(para español presione #2)
[Online Chat \(atención disponible en español\)](#)

Substance Use

- ▶ **[Substance Abuse and Mental Health Services Administration National Helpline](#)**
800-662-4357 or TTY 800-487-4889
(para Español presione #2)

LGBTQ+ Support

- ▶ **[Trans Lifeline](#)**
877-565-8860 (para español presione #2)
- ▶ **[The Trevor Project's TrevorLifeline](#)**
866-488-7386

Local Resources for Food, Housing, Jobs and Other Support:

- ▶ **[UnitedWay's 211](#)**
2-1-1
- ▶ **Feeding America**
Find Your Local Food Bank
feedingamerica.org/find-your-local-foodbank
(Información de servicios en español feedingamerica.org/en-espanol/encuentre-su-banco-de-alimentos-local)

