

## TALK TO A STAY WELL COUNSELOR

Free, confidential, 24/7.

Talking to a counselor can help you cope with feelings about how COVID-19 is impacting your life, job and routines.

Call the Michigan COVID-19 hotline at 1-888-535-6136 and press “8” to talk to a Stay Well counselor.

## ADDITIONAL SUPPORT

### Michigan Stay Well Web Page

Visit [Michigan.gov/StayWell](https://Michigan.gov/StayWell) for helpful resources, such as:

- Videos with coping tips.
- Brochures and guides for families, children, teens, older adults, health care workers, and others – some in a variety of languages.
- A list of hotlines and text lines for those in emotional crisis.

### Michigan Stay Well Counseling

Remember, you can get free emotional support or help coping with the COVID situation any time of the day or night from a Stay Well counselor. Just dial 1-888-535-6136 and press “8.”

### If you're having suicidal thoughts

National Suicide Prevention Lifeline

Call: 1-800-273-8255

Text the keyword TALK to 741741

Available 24/7

**STAY WELL**  
Michigan.gov/StayWell

# SUPPORT

# CONNECT

# COPE

Michigan Stay Well Counseling  
1-888-535-6136 and press “8”

**MDHHS**  
Michigan Department of Health & Human Services

## UPSET OR OVERWHELMED BECAUSE OF THE COVID-19 PANDEMIC?

It is normal to feel the way you do during increased times of stress. Many people are feeling this way, and you are not alone.

Try to recognize your own stress reactions and behaviors. Some of these may include worry, trouble sleeping, sadness, confusion, rapid heartbeat, dizziness, trembling hands, irritability, headaches, and upset stomach.

If you find yourself consuming more alcohol, prescription/non-prescription drugs, or food than you usually do, it can be a sign of distress.

Remind yourself that it's okay to have many different feelings – as well as “good days” and “bad days” – as a natural part of coping with a disaster like COVID-19.

Reach out and talk to someone right away if you feel yourself becoming too stressed to take good care of yourself or your family.

**Call the Michigan COVID-19 hotline at 1-888-535-6136 and press “8” to talk to a Stay Well counselor.**



**IF YOU ARE DISTRESSED,  
REMEMBER — YOU ARE  
NOT ALONE.**

## REDUCING STRESS AND WORRY

**Identify a support network.** Call when you feel overwhelmed or need to talk to someone about your experience.

**Refocus on positive thoughts.** Think of things that are good, and that you are grateful for. Try writing down these positive thoughts.

**Do physical activity you like.** Move around, take a walk or a bike ride – whatever you enjoy and can do easily.

**Take breaks from news media every day.** It can be overwhelming and it focuses on the negative.

**Create a daily routine to promote feelings of productivity.** Waking up and going to sleep at the same time every day are helpful places to start.

**Practice calming strategies.** Take 2 minutes for yourself. Try slow, deep breathing or gently stretching your muscles, even for just a few minutes. This can help calm a pounding heart or upset stomach.

For other free simple calming activities, you can visit [Headspace.com/MI](https://www.headspace.com/MI).