Massachusetts Department of Public Health
Wellness Tips and Resources
Coronavirus Disease 2019 (COVID-19)

The outbreak of Coronavirus Disease 2019 (COVID-19) may be causing you or your loved ones to feel stress, anxiety, or other strong emotions. Such feelings are understandable and affect many individuals and families. The Department of Public Health continues to offer critical resources to help you and your family during this challenging time.

What Can I Do Every Day to Help Reduce Stress and Anxiety?

The following wellness tips are advised by the Centers for Disease Control and Prevention:

- Connect with friends and family
  - Tell them how you are feeling. Practice physical distancing while staying social virtually!
- Get moving
  - Take walks, work out at home, and stretch. Try something new!
- Eat healthy
  - Get plenty of fruits and vegetables (frozen options are great!) and watch your portion sizes. Avoid drugs and alcohol.
- Plan time for enjoyable activities
  - Get creative! Avoid consuming too much media coverage, including social media.

Where Can I Find Resources to Help?

Massachusetts Department of Public Health Resources	
Resource	**Phone Number**
Community Support Line *(for families with children and youth with special health needs)*	1-800-882-1435
Domestic Violence Resources	877-785-2020 or 877-521-2601 (TTY)
MA Sexual Assault Nurse Examiner (SANE) Program	See website for regional contact information
MA Smokers' Helpline	1-800-QUIT-NOW (1-800-784-8669)
Mental Health Emergency/Crisis Services	1-877-382-1609
Nutrition Resources	617-624-6100
Problem Gambling Helpline	1-800-426-1234
Rape Crisis Centers	See website for regional contact information
Substance Use Helpline	1-800-327-5050
Suicide Prevention Hotline	Call or Text: 1-877-870-HOPE (4673)

For additional information, please visit www.mass.gov/COVID19 or call 2-1-1.