

HOPE  4 NC

1-855-587-3463

CALL • TEXT • CHAT

*hope is on the line*

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

NC Department of Health and Human Services • NCDHHS is an equal opportunity employer and provider. • 1/21 • CFDA#: 93.982

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