COVID-19 (Coronavirus)

Building coping skills in stressful times

Make connections, big or small
Stay in touch through phone calls, email, and online chats.

Explore your purpose
Find a few minutes to take care of yourself and do something that is meaningful to you.

Focus on things within your control
These are unusual times, and it’s okay that things don’t feel normal.

Focus on hope
Remember, we will get through this.

If you or a loved one is having a crisis, call 866-4-CRISIS

Spread the Facts

coronavirus.wa.gov