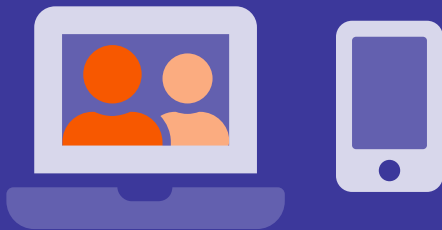


COVID-19 (Coronavirus)

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