



**Does COVID-19 have you feeling
stressed, anxious, and lonely?**

We're here for you.



California
HOPE

Hope will persevere.

California HOPE Provides:

- » **FREE resources**, including a “playbook” with tips for managing stress.
- » A call line to talk about your struggles and get emotional support from someone who has persevered through tough situations.
- » **Call (833) 317-HOPE (4673)**

Tips to Manage Stress:

- » Take a break from the news if it’s causing you to feel overwhelmed.
- » Maintain social contact by phone, text, or email with those who support you.
- » Treat your body kindly—eat healthy foods, avoid excessive alcohol, and exercise as you are able.