



**SUPPORT**

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**Michigan Stay Well Counseling**  
1-888-535-6136 and press “8”

## **TALK TO A STAY WELL COUNSELOR FOR FREE, CONFIDENTIAL HELP 24/7**

Talking to a counselor can help you cope with feelings about how COVID-19 is impacting your life, job and routines.

## **UPSET OR OVERWHELMED BECAUSE OF THE COVID-19 PANDEMIC?**

It is normal to feel the way you do during increased times of stress. Many people are feeling this way, and you are not alone.

Try to recognize your own stress reactions and behaviors. Some of these may include worry, trouble sleeping, sadness, confusion, rapid heartbeat, dizziness, trembling hands, irritability, headaches and upset stomach.

If you find yourself consuming more alcohol, prescription/non-prescription drugs, or food than you usually do, it can be a sign of distress.

Remind yourself that it’s okay to have many different feelings – as well as “good days” and “bad days” – as a natural part of coping with a disaster, like COVID-19.

Reach out and talk to someone right away if you feel yourself becoming too stressed to take good care of yourself or your family.

## **MICHIGAN STAY WELL RESOURCES**

Visit [Michigan.gov/StayWell](https://Michigan.gov/StayWell) for helpful resources, such as:

- Videos with coping tips.
- Brochures and guides for families, children, teens, older adults, health care workers, and others – some in a variety of languages.
- A list of hotlines and text lines for those in emotional crisis.

Call the Michigan COVID-19 hotline at **1-888-535-6136**  
and press “8” to talk to a Stay Well counselor.

**STAY WELL**  
[Michigan.gov/StayWell](https://Michigan.gov/StayWell)

**IF YOU ARE DISTRESSED,  
REMEMBER — YOU ARE NOT ALONE.**