



# COPING WITH STRESS DURING THE COVID-19 OUTBREAK



It is **normal** to feel sad, stressed, confused scared or angry during a crisis. Talking to people can help. Keep talking to your MATES.

---



If you have to stay at home, **stay healthy** – eat well, sleep, keep up your exercise (even at home) and keep your social contact with friends, workmates and family at home on the phone and online.

---



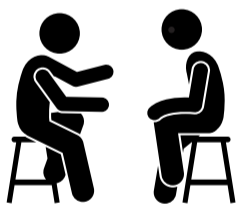
**Get the facts.** Be aware that everything you hear about the virus may not be true. Stay up to date with information from a trusted source like:  
Ministry of Health (MoH) [www.health.govt.nz](http://www.health.govt.nz)  
World Health Organisation (WHO) [www.who.int](http://www.who.int)

---



**Limit your worries** by spending less time listening and watching media coverage if you find this upsetting.

---



**Draw on skills** you have learnt in the past to help you manage your emotions – talking to a MATE can help if you are worrying.

---



**Don't use smoking, alcohol or drugs** to deal with your emotions. If you feel overwhelmed reach out for help. Talk to a MATE, Connector, a Field Officer or ring MATES on 0800 111 315.

Source: WHO

## Need to talk now?

## 0800 111 315 or free text 5353

## [www.mates.net.nz](http://www.mates.net.nz)

**In an emergency dial 111 if you or someone you know is at risk of harm.**

- Go with the person to the nearest hospital emergency department
- Phone your local DHB Mental Health Crisis team
- Free phone or text 1737 to communicate with a counsellor

**External support services:**

Tautoko Suicide Helpline **0508 828 865**  
Lifeline **0800 543 354 (text 4357)**  
Youthline **0800 376 633**