



COPING WITH STRESS DURING COVID-19



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.



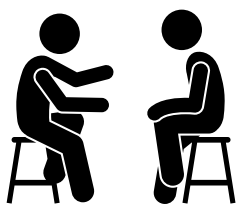
Get the facts. Be aware that everything you hear about the virus may not be true. Stay up to date with information from a trusted source like:

Ministry of Health (MoH) www.health.govt.nz

World Health Organisation (WHO) 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

www.mates.net.nz

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

External support services:

Tautoko Suicide Helpline 0508 828 865

Lifeline 0800 543 354 (text 4357)

Youthline 0800 376 633