

# Vermonters Are With You

## Stress and your Mental Health

**The Coronavirus is causing anxiety and stress** for many Vermonters. We are concerned about the risk of serious illness for ourselves and our loved ones. Some Vermonters have lost loved ones to COVID-19. Grief and ongoing anxiety can become problems. Some of us may become depressed, and those of us who live with depression, anxiety or other mental health challenges may find ourselves struggling more.

### What can we do?

First, take time out of your day for some self-care. Get information from reliable sources (such as the [Centers for Disease Control](#) and the [Vermont Department of Health](#)). The stress of worry and anxiety can make it harder for our bodies to fight illness. Remaining calm and focused helps support our health and well-being. Some more specific steps are below.

### Pay Attention to Your Body and Your Feelings

It's natural to feel stress and anxiety in the face of so many unknowns. Everyone reacts differently, so it is important to know what you need to be well.

- Pay attention to feelings of anxiety, sadness, anger, or feeling distant from loved ones.
- Listen to your body. Notice changes in appetite, new aches and pains, or feeling hotter or cooler than usual.
- When you feel upset, take time to care for your body and mind – focus on your breathing for a few minutes, go for a walk or talk with a friend or family member.
- If you become unable to manage or function well, seek the help of a professional
  - ◆ For immediate help, text VT to 741741
  - ◆ For local help numbers, see the listing on the Department of Mental Health's website here: [How to Get Help Locally](#)
  - ◆ You can also call 2-1-1 for help locating someone near you

**And Remember, Vermonters Are With You.**

**You  
Are  
Not  
Alone**

Available 24/7 – If you need help, text VT to 741741

The National Suicide Prevention Lifeline  
is available 24/7 at 800-273-8255

Dial 2-1-1 to find mental health services in your area

Vermont Peer Support Line – open 3 PM-6 AM  
Call or text 833-888-2557