



COPING WITH COVID STRESS

A WAY FORWARD TOGETHER

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No matter how difficult the COVID threat and widespread restrictions are making life now, support is available to help you get through these and other stressful times.

The page where you downloaded this card (AWayForwardTogether.org/teen) provides a wide range of tips on identifying signs and symptoms of conditions that can be caused by the pandemic. Don't hesitate to call 2-1-1 or contact an adult you trust if you or someone close to you needs help with:

- Depression
- Anxiety
- Alcohol or Drug Abuse
- Trauma
- Suicide

Remember that you are never alone—there is always someone available who you can talk to or who can offer help. And feel free to share this card with anyone else who you believe may need help.



Public Health
Prevent. Promote. Protect.

Frederick County Health Department
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Visit AWayForwardTogether.org/teen or call 2-1-1 to speak to someone now