

Stressed? Sad? You are not alone.

Call 1-800-749-COPE

(1-800-749-2673)

1-800-273-TALK

(1-800-273-8255)

1-866-326-9393

Find missing friends and family



Some stress is normal. You may cry a lot, feel cranky or frustrated, not think clearly, have trouble sleeping or feel tired all the time.

You have family and friends. You can help each other through this. Watch for friends and family who seem very sad. Let them know you care. Ask them to get help.



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