



Suicide prevention

Pandemics are stressful

The COVID-19 pandemic may be stressful for many people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Necessary public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety.

For some people these stressful times can be more serious.

Coping with stress in a healthy way will make you, the people you care about, and your community stronger. Here are tips from the CDC:

- **Take care of your emotional health.** [Taking care of your emotional health](#) will help you think clearly and react to the urgent needs to protect yourself and your family.
- **Take breaks from watching, reading, or listening to news stories,** including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
 - Take deep breaths, stretch, or [meditate](#).
 - [Try to eat healthy, well-balanced meals](#).
 - [Exercise regularly](#).
 - [Get plenty of sleep](#).
 - Avoid excessive [alcohol and drug use](#).
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.

Additional resources

[The majority of adults want suicide prevention to be a national priority as a result of COVID-19.](#)

[Mental Health First Aid for and Veterans, Military](#)

[Lines for Life](#): 800-273-8255; or text 74174. Help on the phone is always available 24 hours a day, seven days a week. Interpreters are available.

For more resources and information about suicide prevention Please visit the [Suicide Prevention Awareness on the OWL](#) for more information.

The American Association of Suicidology believes we need focus on suicide prevention every day, of every year. Learn more: [What is Suicidology?](#)

[Oregon Health Authority Suicide Prevention website](#)

[Behavioral Health Equity information](#)

[Emotional Wellbeing During COVID-19](#)

[CDC information about coping with stress during COVID-19](#)