



Mental Health and Coping during the COVID-19 outbreak

People may be experiencing stress, fear, and anxiety about the novel coronavirus outbreak. There are many ways to take care of yourself and support your loved ones during times of stress and worry.

Resources and information on coping with the emotional impacts of the outbreak are available from the Centers for Disease Control and Prevention (CDC) and the Substance Abuse and Mental Health Services Administration (SAMHSA), and are available on the [CDC website](#).

For people experiencing emotional distress related to a disaster, SAMHSA offers toll-free crisis counseling and support through the [Disaster Distress Helpline](#) by calling 1-800-985-5990 or texting "TalkWithUs" to 66746.

The [Idaho Suicide Prevention Hotline \(ISPH\)](#) answers phone calls 24 hours per day, 7 days per week at 208-398-HELP (4357) or 1-800-273-TALK (8255). ISPH provides crisis chat response at <http://www.idahosuicideprevention.org/chat> and crisis text response at 208-398-HELP (4357) from 3pm to midnight, Monday-Friday.