

# COPING WITH COVID-19

*You don't have to fight this battle alone.*

Everyone reacts differently to stressful situations. The outbreak of coronavirus (COVID-19) can be overwhelming and may cause stress, fear and anxiety. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.



*You're Not Alone*

## SAMHSA'S DISASTER DISTRESS HELPLINE:



1-800-985-5990



Text "TalkWithUs" to 66746



[samhsa.gov](http://samhsa.gov)

## EMPLOYEE ASSISTANCE PROGRAM

**Carilion Clinic**

800-992-1931

[CARILIONCLINIC.ORG/EAP](http://CARILIONCLINIC.ORG/EAP)

## CARRIER RESOURCES

PERSONAL ADVANTAGE  
[CARILIONCLINIC.ORG/EAP/LIFE](http://CARILIONCLINIC.ORG/EAP/LIFE)

Username: TOWNOFCEB

Password: TOC

*Access free webinars, exercise programs, healthy living advice and counsel, legal forms, and more!*

## FOR MORE INFORMATION, CONTACT:

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