The COVID-19 Pandemic is a time of increased stress for everyone. Whether you suddenly find yourself at home with your whole family (and maybe even extended family) or spending more time alone, it is important to stay connected and know how and where to reach out if you or someone you know is struggling. This FACTSHEET provides some resources and tips to help you stay healthy and safe during this challenging time.

If you are struggling with thoughts of suicide and need immediate assistance:
- Dial 911 (U.S.), 112 (Europe), 119 (South Korea), 111 (Afghanistan)
- Call the National Suicide Prevention Lifeline (Veterans and Military Crisis Lines)
  - North America: 1-800-273-TALK (8255); Press 1
  - Online chat: https://www.veteranscrisisline.net/get-help/chat or https://suicidepreventionlifeline.org/chat
  - Text: 838255
  - TTY: 1-800-799-4889
  - Europe: 00800-1273-TALK (8255)
  - Korea: 0808-55-118
  - Afghanistan: 00-1-800-273-TALK (8255)

Crisis Hotlines (by State):
http://www.suicide.org/suicide-hotlines.html

Warning Signs for Suicide
- Talking about suicide
- Feeling hopeless and helpless
- Increased anger
- Increased isolation
- Giving things away
- Increased alcohol use
- Concerning texts, posts, or emails
EFFECTIVE STRATEGIES FOR STAYING HEALTHY AND SAFE DURING COVID-19

Keep Your Home Safe
If you have weapons in the home, make sure they are secured. It is important to keep everyone safe.

- If you are having thoughts of suicide, contact your Chain of Command or trusted person to help you store your weapons until you feel comfortable having them in the home. (ALARACT 063/2013)
- If you are experiencing sexual harassment or sexual assault, call the SHARP Crisis Line: 202-498-4009 or 911 if in immediate danger.
- If you are experiencing domestic violence, call 911. The Domestic Violence Hotline: 1-800-799-7233 also provides support.

Establish Virtual Connections
- Establish a virtual buddy system to text, call or email at least weekly to check on welfare, health, and needs.
- Set up a virtual "coffee talk". Use FaceTime, Skype or simply use your phone to meet a friend for coffee or to share a meal together.
- Attend a virtual AA meeting if needed (http://aa-intergroup.org).
- Find a NA meeting (https://www.na.org/).

Manage Stress Effectively
If stress and frustration build up:
- Take a tactical pause. Step back, take a breath, go for a walk or engage in a hobby. Revisit the source of the frustration after you have had a chance to calm down.
- Address conflict constructively. Don't let it build up. State how you feel, why you are concerned, and what can be done to resolve the conflict. Get the other person's perspective and agree upon the solutions.
- If you're having a tough day, reach out to family or friends and talk through it. If needed, reach out to a resource for support.

Maintain/Develop Healthy Habits
- Get some exercise. Go for a walk/run. Be creative in developing home workouts.
- Eating a balanced diet may be difficult. Try to get some fresh fruit or veggies.
- Resist the urge to stay up all night. Maintain effective sleep routines.
- Call your doctor and arrange telemedicine visits if you are not feeling well.
- Take time to reflect each day. Think about some good things that happen each day and discuss them with friends or family.

For local resources, check out the Community Resource Guide: https://crg.amedd.army.mil