

Have you been affected by COVID-19? We're here to help.



Truman Medical Center (TMC) Behavioral Health in partnership with the federally funded Show Me Hope (SMH) Missouri, is now offering support to anyone affected by COVID-19.

- **Crisis Counseling:** We can help you manage with stress and learn coping skills.
- **Resources and Referrals:** We can connect you with community resources and agencies for further help.
- **Pandemic Preparedness Education:** We can teach you how to prevent AND slow the spread of COVID-19.

Call **816-404-6222** to learn more about our counseling services.

For immediate care, call the Disaster Distress Helpline:

800-985-5990 or text **TalkWithUs** to **66746**.

How to Manage Your Stress:

- Talk with others who understand and accept how you feel.
- Reach out to a trusted friend or loved one.
- Connect with others who are experiencing the same thing and share your experience.
- Move your body through exercise to get rid of the buildup of stress hormones. Exercise daily or break it up in small amounts throughout the day; walk, stretch or meditate.
- Take deep breaths as most of us can benefit from taking several deep breaths often throughout the day. This can help move stress out of your body and even help stop a panic attack.
- Listen to music as this helps your body relax naturally.
- Play music timed to breath or your heartbeat. Create a relaxing playlist for yourself and listen to it often.
- Pay attention to your physical self by getting enough sleep and rest each day.
- Eat healthy meals and snacks and drink plenty of water.
- Avoid caffeine, tobacco, and alcohol. Their effects are multiplied under stress and can be harmful.