Everyone copes with stress differently. Take steps to protect your mental and emotional health.

• Take breaks from news and social media
• Eat healthy, well-balanced meals and exercise regularly
• Find time to relax and participate in activities you enjoy
• Talk to someone you trust about how you’re feeling

If you or someone you know is experiencing a mental health crisis, or issues with alcohol or substance abuse, call 1 (844) SC-HOPES (724-6737).

Additional resources on managing anxiety and stress are available at scdmh.net.

For the latest information about COVID-19, visit scdhec.sc.gov/COVID19.