

While communities close schools and practice social distancing due to COVID-19, it's okay if you feel lonely, isolated, anxious, or all of the above.

Whatever you're feeling, **YouthLine is here for you.** YouthLine is a **teen-to-teen** crisis, support, and help line. From 4pm-10pm daily, **teens can call, text, or chat with other teens to talk about anything and everything that's going on for them!**

At YouthLine, we believe no problem is too big or too small. Whether this feels really big or really small, you deserve support.

- **Call** 1(877)968-8491
- **Text** 'teen2teen' to 839863
- **Chat** www.oregonyouthline.org

We listen. We support. We keep it to ourselves.

Getting Through Today

Sometimes, we just need to get through today. So, try taking it one step at a time. We've listed resources and brainstormed some creative ways to stay connected that you can try when you're feeling overwhelmed. Doing one or two of the things from this list can keep stress under control now, so you can sort out the bigger issues later.

- Take care of your mental health!
 - Practice safe and helpful coping skills
 - Try a mindfulness or breathing exercise
 - Talk to people you trust or reach out to the YouthLine
 - Check out this [article](#) from the Center for Disease Control!
 - Reach out to your mental health provider- most are offering sessions online!
- Free lunches are being provided throughout our communities! You can check out how to access them [here](#).
- [The Trevor Project](#) is an awesome resource and a safe space for LGBTQ+ youth to reach out for support.
- [Alateen electronic meetings](#) are a great way for youth aged 13-18 who have been affected by someone else's drinking to get support.
- Moving your body can help lower stress and anxiety. Many gyms and fitness instructors are offering [free online fitness classes](#). YouTube is a great resource for online workouts. Invite your friends virtually and work out together!
- Stay connected virtually. Google hangouts, group FaceTime, gaming platforms, and texts can help keep you connected! Reaching out benefits you and them.
- Practice kindness towards others and yourself- you're doing the best you can right now.

Get the Facts, Avoid the Rumors

It's natural to be curious but remember- there is a fine line between being aware and living in fear. Here are some easy ways to stay informed without feeling overwhelmed.

- Consult with and listen to trusted public health experts- we recommend:
 - [Oregon Health Authority](#)
 - [Centers for Disease Control](#)
 - [World Health Organization](#)
 - [211Info](#)
- Take breaks from social media, news reports, and talking about COVID-19 altogether if you feel overwhelmed.
- Reach out to YouthLine and tell us all about it!