

PARENTING IS HARD. ASK FOR HELP.

Tips to manage COVID-19 stress

Right now, things may feel stressful and uncertain for parents. Remember, we are all in this together! Here are some tips to help you still feel connected and supported.

Find ways to cope with COVID-19 social distancing guidelines

More people are staying home and you may not be doing your usual activities because of the new restrictions. Social distancing doesn't mean you're alone.

- Stay in regular contact with family, friends and neighbors by phone, social media or other technology. Even a few minutes of conversation a day is important.
- Take part in healthy activities that relieve stress. Go outside, take a walk, read or tell stories. Find ways to find joy and make connections.

Reduce the pressures of parenting

You may feel like you have a lot more on your to-do list, especially with kids at home.

- Feel good about what is going well and celebrate the small things! Pat yourself on the back for a decent meal, a funny joke or just quiet moments.
- Build a new routine at home. Remember to include breaks for everyone to take care of themselves with downtime, playtime and exercise.
- Speak up when you need help and offer support to others when you can.

Reach out for help

Sometimes the pressure can be too much. Reaching out for help is important for you and your family. Following are **24-hour**, free help lines for different needs.

- For confidential support when you need help with the stresses of parenting, contact Child Help:
 - Call or text 1-800-4-A-Child (1-800-422-4453) or live chat at childhelp.org
- For help with teen-specific concerns:
 - Call Texas Youth Helpline: 800-989-6884 or text 512-872-5777
- For help with parenting tips, local resources and to learn about family fun:
 - Visit helpandhope.org
- For mental health support and crisis care, contact iCARE:
 - Call or text iCARE at 817-335-3022
- For access to services through a social service hotline:
 - Dial 2-1-1 or 877-541-7905 or visit 211texas.org

For all other questions/updates on COVID-19, visit cdc.gov.

