

FOR THE COVID-19 PANDEMIC AND BEYOND..

USE THESE TIPS TO TAKE CARE OF YOURSELF

Focus on **POSITIVE THINGS** you can control

STAY HYDRATED, EXERCISE, & EAT HEALTHY don't neglect your body's needs

TALK ABOUT YOUR EXPERIENCE & FEELINGS with loved ones and friends, *if that's helpful*

STAY CONNECTED TO THOSE who are important to you

GEORGIANS AGED 16+ ARE NOW ELIGIBLE FOR VACCINES call the Vaccine Scheduling Resource Line at 888-457-0186

TAKE TIME TO RENEW YOUR SPIRIT through meditation or helping others in need; maybe try yoga or going for regular walks

CHECK HERE FOR MORE INFORMATION - <https://dph.georgia.gov/covid-vaccine>



Georgia COVID-19 Emotional Support Line
866-399-8938
Call or Text 
Available Monday - Sunday: 8 am - 11 pm

Logos: Georgia Department of Behavioral Health & Developmental Disabilities, BHL, beacon health app



Georgia Crisis & Access Line
1-800-715-4225
mygal.com

Sponsored by the  Department of Behavioral Health and Developmental Disabilities

The Georgia COVID-19 Emotional Support Line provides free, confidential and anonymous assistance to callers needing emotional support or resource information because of the COVID-19 pandemic.

For access to services and immediate crisis help, call the Georgia Crisis & Access Line (GCAL) at 1-800-715-4225, available 24/7.

