

IT IS NORMAL

TO FEEL STRESSED RIGHT NOW

Take breaks from watching, reading, or listening to news stories, including social media.

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and feelings

PBH continues providing as many services as possible via phone, and we are expanding telehealth services. Intake appointments can be scheduled by calling **360-457-0431**.

Crisis Services are available 24/7 with Volunteers of America, and a PBH Designated Crisis Responder will be dispatched when appropriate; please call **888-910-0415**.

