

What you may be experiencing

Fear is a strong emotion that many people are experiencing right now. It may be caused by events, people, circumstances, or memories. Fear may lead to distress and physical side effects.

You may feel afraid about your health or the wellbeing of a loved one. Financial stress, difficulty meeting household needs and caregiving responsibilities may also lead to feelings of fear.

You may be afraid for your safety. Because you are spending more time at home, you may be experiencing increased risk of harm.

What you can do

1. Maintain social connections. Keep social connections through phone calls, texts, emails and social media. Talk to family and friends about your concerns and feelings.
2. Create a personal health or safety plan. [Learn how here.](#)
3. Reach out for support. It is important for you to know that you are not alone. Help is available from:
 - ▶ [YWCA](#) or [Futures Without Violence](#)
 - ▶ [Food banks](#)
 - ▶ [Housing support](#)
 - ▶ Community organizations
 - ▶ Faith groups
4. Seek help from a professional.
 - ▶ Talk to your doctor about how you are feeling.
 - ▶ Find mental health services: [Mental Health America](#)

Find other
resources that
could help:





Get immediate help in a crisis

Emergency Situation

- ▶ **Call 911**
- ▶ [Disaster Distress Helpline](#)
1-800-985-5990 (para español Presione #2)
Text TalkWithUs for English (o para español un texto que diga Hablanos al 66746).
 - Residentes de Puerto Rico que hablan español pueden enviar un mensaje de texto que diga “Háblanos” al 1-787-339-2663.
- ▶ [National Suicide Prevention Lifeline](#)
800-273-8255 or TTY 800-799-4889 (para español llame al 888 628 9454)

Child abuse

- ▶ [National Child Abuse Hotline](#)
1-800-4AChild (1-800-422-4453)
(para español presiona el 1)
Text 1-800-422-4453

Veteran Support

- ▶ [Veteran's Crisis Line](#)
800-273-TALK (8255)
[Crisis Chat](#)
Text 8388255

Grief

- ▶ [Red Cross Virtual Family Assistance Center](#)
833-492-0094 (para español presione #)

Elder care

- ▶ [The Eldercare Locator](#)
800-677-1116
(para español presiona el 2)
[TTY Instructions](#)

Domestic Violence

- ▶ [National Domestic Violence Hotline](#)
800-799-7233 or TTY 800-787-3224
(para español presione #2)

Assault

- ▶ [National Sexual Assault Hotline](#)
1-800-656-HOPE (4673)
(para español presione #2)
[Online Chat \(atención disponible en español\)](#)

Substance Use

- ▶ [Substance Abuse and Mental Health Services Administration National Helpline](#)
800-662-4357 or TTY 800-487-4889
(para Español presione #2)

LGBTQ+ Support

- ▶ [Trans Lifeline](#)
877-565-8860 (para español presione #2)
- ▶ [The Trevor Project's TrevorLifeline](#)
866-488-7386

Local Resources for Food, Housing, Jobs and Other Support:

- ▶ [UnitedWay's 211](#)
2-1-1
- ▶ [Feeding America Find Your Local Food Bank](#)
feedingamerica.org/find-your-local-foodbank
(Información de servicios en español feedingamerica.org/en-espanol/encuentre-su-banco-de-alimentos-local)