



For many, this uncertain time has caused a large amount of stress, and they may not know who or where to get help from. With the implementation of the internet, over the last couple of years, it has been easier than ever to get help with mental health. There are abundant amounts of websites and call lines that one can use to anonymously talk to a professional about their problems. On the CDC website, there is a section in which it talks about how to deal with stress in general rather than COVID related stress. But this page is still helpful as it lists numerous amounts of places which one could turn to in dire need, spanning from 911 to the National Suicide Prevention Line.

In conclusion, if you or someone you know is having a hard time coping and adjusting to the new world we live in, be there for them and help them in any way possible. Regularly check up on your friends and family, as some might not show physical signs of mental health disorders, and encourage them to seek out help or treatment if needed. If needed the link to the article from the CDC about coping with mental health is linked down below.

Center for Disease Control and Prevent Coping With Mental Health Page:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>