Take care of your mental health

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for crew.

- Fear and anxiety about this disease and other strong emotions can be overwhelming.
- Public health actions, such as social distancing by staying at least 6 feet apart and mask wearing, can make crew feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Learn more about COVID-19 public health actions: [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).

Understanding your physical and emotional reactions to stress will help you manage stress.


Need Help? Know Someone Who Does?

Use Crisis Text Line Chat at [https://www.messenger.com/t/crisistextline](https://www.messenger.com/t/crisistextline) or the National Suicide Prevention Lifeline Chat at [https://suicidepreventionlifeline.org/chat/](https://suicidepreventionlifeline.org/chat/).

Call 1-800-273-TALK (1-800-273-8255) for English or 1-888-628-9454 for Spanish. All are 24/7, free, and confidential for people in distress.