

# COPING WITH CORONAVIRUS

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## TIPS FOR TEENS

At times, it's hard being a teenager, and it may be especially hard now because of the pandemic. This is supposed to be the time of life when you're gaining independence from your family and a greater sense of yourself. Yet COVID-19 may have totally disrupted what you hoped your life would be now.

It's okay to not be okay with all the changes. But if you find yourself struggling, you should reach out to a friend, a trusted adult, or one of the resources listed here.

This pandemic will end eventually. Don't be afraid to reach out to others for yourself or if you see friends struggling. Here are some tips that will help you along the way.

## RESOURCES

For more of our resources visit us at:  
[www.giveanhour.org](http://www.giveanhour.org)

Crisis Text Line: Text SIGNS to 741741

For immediate help call The National  
Suicide Prevention Hotline: 1.800.273.8255

Teen emotional support and suicide prevention:  
<https://www.jedfoundation.org/>  
Text "START" to 741-741 or call 1-800-273-TALK (8255)

Trevor Project Lifeline Provides 24/7 crisis  
intervention and suicide prevention services to  
lesbian, gay, bisexual, trans, and questioning youth:  
1.866.488.7386

## CHECK IN WITH YOURSELF & OTHERS



- Pay attention to your thoughts and feelings
- Check in with your friends regularly
- Don't isolate - stay in touch with others – even if you don't feel like it
- Stay connected with trusted adults

## ENGAGE & CONNECT WISELY



- Pay attention to your relationships – take care of the healthy ones
- Stay connected to people that support you
- Watch your social media – try not to compare yourself and avoid bullies

## TAKE CARE OF YOU



- Take care of yourself physically and mentally
- Eat healthy food – avoid junk
- Try to get enough sleep
- Get outside and move. Exercise

## RELAX & REDUCE STRESS



- Figure out what works for you
- Listen to music, read or watch your shows
- Do meditation, yoga, or workouts
- Avoid substances – they can make you feel worse