


# COVID-19 Mental Health Support


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**Here are some common reactions you or people you know may be experiencing:**


- General apprehension, anxiety and fear of the unknown.
  - Fears around your health and the health of loved ones.
  - Sadness, loss of interest, hopelessness and apathy.
  - Financial and economic concerns.
  - Stress and irritation toward those around you.
  - Feelings of grief, detachment and tendency to distance from people and activities.
  - Confusion and hesitation surrounding decision-making and lifestyle adjustments.
  - Stress, self-doubt or thoughts and feelings related to decreased sense of self-worth.
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**If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, help is available.**



**Wyoming 2-1-1** provides free, confidential, health and human services information and referral. Linking people to information about local resources, from both government and nonprofit agencies. Call (888) 425-7138, or simply dial 2-1-1.



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**Remember:  
You are not alone.**

Additional resources for help can be found at:

**Disaster Distress Helpline:** 1 (800) 985-5990

**Text:** TalkWithUs to 66746

**National Suicide Prevention Lifeline:** 1 (800) 273-8255

[health.wyo.gov/behavioralhealth/mhsa](https://health.wyo.gov/behavioralhealth/mhsa)

