Stressed? Sad?

Some stress is normal.

- You may cry a lot
- You may feel cranky
- You may feel helpless
- You may not think clearly
- You may have trouble sleeping
- You may feel tired a lot

You have family and friends. You can help each other through this. Watch for friends and family who seem very sad. Let them know you care. Ask them to get help.

Call 1-800-749-COPE

(1-800-749-2673)

or

1-800-273-TALK

(1-800-273-8255)

1-866-326-9393

Find Missing Friends and Family

You are not alone.

LOUISIANA Department of HEALTH and HOSPITALS

CDC CENTERS FOR DISEASE CONTROL AND PREVENTION

A Life in the Community for Everyone SAMHSA Substance Abuse and Mental Health Services Administration U.S. Department of Health and Human Services