

How do I live with this uncertainty?

Living with uncertainty during the outbreak of COVID-19 is stressful for everyone. Health, financial and other concerns can increase anxiety. Things that were normal a couple months ago are no longer the norm. The Vermont Department of Mental Health has compiled [some tips](#) to help us get through this unsettling time.

If you or someone you know is in crisis or needs emotional support, help is available 24/7:

Feeling anxious, confused, overwhelmed or powerless is common during an infectious disease outbreak. If you need emotional support

- Contact your [local mental health crisis line](#), [Clara Martin Center](#) or [HCRS](#)
- Call the [National Suicide Prevention Lifeline](#) at 1-800-273-8255
- Text VT to 741741 to talk with someone at the [Crisis Text Line](#)
- If you are an Upper Valley worker impacted by COVID-19, [a volunteer group of licensed NH/VT therapists](#) are offering free 30-minute telehealth and phone support.
- For more local providers visit this [webpage](#)
- For more information about coping with stress visit this [webpage](#)