



WHAT YOU CAN DO TO HELP COPE WITH EMOTIONAL DISTRESS

- Maintain a regular routine
- Maintain contact with family and friends
- Find ways to relax that do not include alcohol or drugs
- Participate in activities you enjoy
- Stay focused on personal strengths
- Limit overexposure to media
- Ask for financial, emotional and medical assistance as needed

ACCESS CENTER HOTLINE

1-800-854-7771

562-651-2549 tdd/tty



Los Angeles County Department of Mental Health
dmh.lacounty.gov