

# FOR THE COVID-19 PANDEMIC AND BEYOND..

USE THESE TIPS TO TAKE CARE OF YOURSELF

Focus on **POSITIVE THINGS** you can control

**STAY HYDRATED, EXERCISE, & EAT HEALTHY** don't neglect your body's needs

**TALK ABOUT YOUR EXPERIENCE & FEELINGS** with loved ones and friends, *if that's helpful*

**STAY CONNECTED TO THOSE** who are important to you

**GEORGIANS AGED 16+ ARE NOW ELIGIBLE FOR VACCINES** call the Vaccine Scheduling Resource Line at 888-457-0186

**TAKE TIME TO RENEW YOUR SPIRIT** through meditation or helping others in need; maybe try yoga or going for regular walks

**CHECK HERE FOR MORE INFORMATION** - <https://dph.georgia.gov/covid-vaccine>



Georgia COVID-19 Emotional Support Line  
**866-399-8938**  
Call or Text   
Available Monday - Sunday: 8 am - 11 pm

Logos: Georgia Department of Behavioral Health & Developmental Disabilities, BHL, beacon health app



Georgia Crisis & Access Line  
**1-800-715-4225**  
[mygal.com](http://mygal.com)

Sponsored by the  Department of Behavioral Health and Developmental Disabilities

The Georgia COVID-19 Emotional Support Line provides free, confidential and anonymous assistance to callers needing emotional support or resource information because of the COVID-19 pandemic.

For access to services and immediate crisis help, call the Georgia Crisis & Access Line (GCAL) at 1-800-715-4225, available 24/7.