**Coping Tips:**

* Limit time online and on social media
* Stay physically active
* Meditate and stretch
* Get enough sleep
* Stay hydrated
* Eat healthy, well-balanced meals
* Connect with others

This time has been emotionally challenging for everyone and isolation is difficult but that does not mean you have to go through this alone, ask for help, online and in person

**Mental health**

**during**

**Covid-19**

**U of L Mental Health Help National Suicide Prevention Hotline**

 Counseling Center

 502-852-6585

 Suicidepreventionlifeline.org

 1-800-273-8255

 Psychiatric Services

 502-852-6479