

COVID-19 (Coronavirus)

Protect your mental health during protests

Emotional responses to protests and civil unrest can be heightened during COVID-19. Here are some tips to keep you emotional healthy.

Increase support

Your personal history of anxiety, depression, or trauma may put you at higher risk for negative emotions. Increase your support before, during, and after the event.



Manage exposure

Plan for how you will manage the possibility of exposure to violence and the additional emotional toll it may have on you.



Monitor yourself

What emotional factors will be your sign for leaving or seeking support? pay attention to signs of increased fear, anxiety, or panic.



Plan to engage

Consider the potential need for mental or behavioral health support after an event.



WA

Listens

It is okay to reach out for help with your mental health. If you are feeling stressed because of COVID-19, call Washington Listens at **1-833-681-0211**.

Spread the Facts

coronavirus.wa.gov