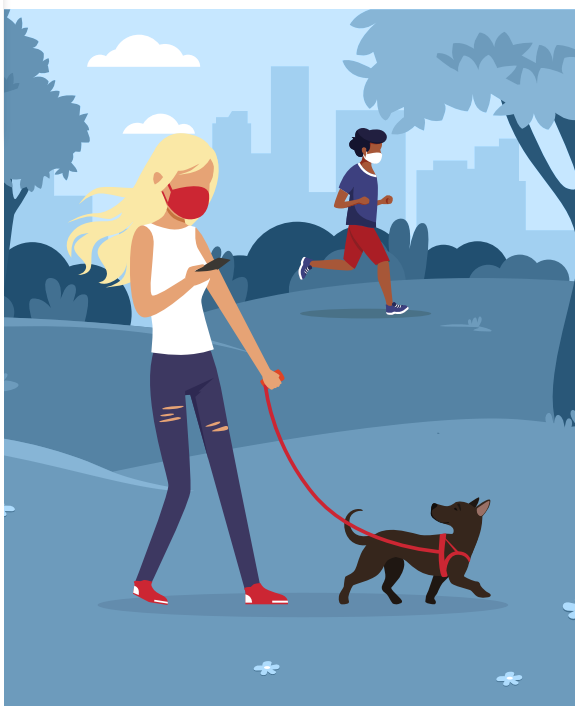


# Students: Care for yourself one small way each day



Find creative ways to spend time safely with friends, like virtual movie parties

Do something you enjoy outside, like going to the park or for a run



Treat yourself to healthy snacks and get enough sleep



Make time to relax by reading, listening to music, or exploring a new hobby

Remember, you're not alone



Tell someone you trust if you or a friend feels bad



Substance Abuse and Mental Health Services Administration  
Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)