



California  
**HOPE**

**HOPE  
LIVES  
HERE**



Call the CalHOPE Warm Line:  
**(833) 317-4673**

or to chat, visit  
**[calhopecconnect.org](https://calhopecconnect.org)**

CalHOPE offers crisis counseling after a federal declaration of emergency. It offers resources and information to help people find their way during these difficult times.

Individual and group counseling is free and available now! Call Central Coast Hotline to learn more.

# Tips to Manage Stress:



Take a break from the news if it's causing you to feel overwhelmed.



Maintain social contact by phone, text, or email with those who support you.



Treat your body kindly—eat healthy foods, avoid excessive alcohol, and exercise as you are able.



Focus on what you can control, and let go of the rest.

