HOW TO GET HELP

NEED HELP WITH FOOD, CHILD CARE, UTILITY BILLS AND OTHER SERVICES? CALL 2-1-1 OR VISIT 211HELPS.ORG

STRESS AND COPING

GET ACTIVE
LIMIT NEWS/SOCIAL MEDIA
DO AN ACTIVITY YOU ENJOY AT HOME
CLEAR YOUR MIND

GET SOME FRESH AIR
GET AT LEAST 7 HOURS OF SLEEP
CONNECT WITH OTHERS FACETIME, WHAT'S APP, DUO

PARENTS:
• Talk with your kids about what’s going on
• Create a daily routine
• Be a role model

IF YOU'RE NOT FEELING LIKE YOURSELF, CALL 2-1-1.

DID YOU KNOW?
• Ameren and Spire have stopped disconnections and late fees
• No evictions or foreclosures until further notice
• Income tax filing deadline extended to July 15
• Spectrum may offer students free internet
• Federal zero interest small business loans available
• Schnucks, Aldi, Walmart, Dierbergs and Amazon are hiring!

FOR MORE INFO, VISIT PREPARESTL.COM