

WE ALL

NEED HELP

SOMETIMES

**Lots of people are feeling stressed, anxious, or depressed right now.**

Children express their emotions in many ways. During COVID-19, your child or teen may be showing signs of stress that you haven't seen before. These behaviors may be a normal reaction to a stressful event, or your child may need some extra help. *They may be:*

- Moody or easily upset
- Sad
- Worried or fearful
- Not following the rules
- Sleeping too much or not enough
- Complaining of headaches or stomachaches
- Showing other behaviors that are new and have you worried

YOU ARE NOT ALONE EVEN WHEN SOCIAL DISTANCING



**WORRIED ABOUT YOUR CHILD? CALL YOUR CHILD'S DOCTOR FOR HELP.**

▶ OTHER WAYS TO GET HELP

CALL



FREE • CONFIDENTIAL  
24/7 • MULTILINGUAL  
WWW.MASS211.ORG

A program of your local United Way &  
The Commonwealth of Massachusetts

CONNECT



Your local **Family Resource Center**: [www.frcma.org](http://www.frcma.org)

SEARCH



[www.massachusetts.networkofcare.org](http://www.massachusetts.networkofcare.org)

IF THIS IS AN EMERGENCY, CALL 911