



TENNESSEE

MICHALYN EASTER-THOMAS
Councilwoman - District 7
Memphis City Council
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District 7 Citizens:

The outbreak of the Coronavirus disease 2019 (COVID-19) may be stressful for some of you. Fear and anxiety about the virus can be overwhelming and cause strong emotions in adults, children, and families. Everyone reacts differently to stressful situations and can become more distressed if you see repeated images or hear repeated reports about the outbreak in the media.

Reactions during an infectious disease outbreak can include:

- Anxiety,
- Stress,
- Isolation,
- Fear of losing loved ones, and
- Substance Abuse

If you experience the above personal and mental health issues, please seek medical and mental support and attention.

Remember, please take care of yourself as well as each other, and know when, and how, to seek help. Call your healthcare provider if stress reactions interfere with your daily activities for several days in a row, or worsen chronic health problems.

If you require assistance, but do not know where to go when seeking professional care, call **2-1-1**, or visit <http://tn211.mycommunitypt.com/>.

2-1-1 is Tennessee's community services help line. When you call **2-1-1**, you will get a real person, one who is trained to help you sort out your needs, and then give you phone numbers and addresses of the closest places where you can get help.

Sincerely,

Councilwoman Michalyn Easter-Thomas
District 7