



Digital Health Equity & Access Lab

## StayWell at Home

Are you struggling with social distancing? Feeling anxious because of COVID-19?

Get tips on coping while physically distancing from family and friends and learn about managing stress and improving your mood.

Sign up by texting "WELL" to  
510-240-8877

**Presented by the Digital Health Equity &  
Access Lab (DHEAL) at the UC Berkeley  
School of Social Welfare**