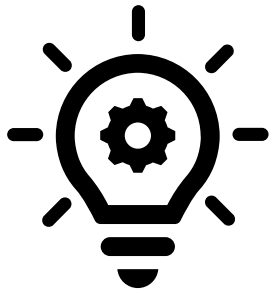


STAY CONNECTED

staying at home

It's important to stay connected to family, friends, loved ones, and the community when we experience stressful events. While you may not be able to see your friends or family right now, you may be able to talk on the phone or see them in a video chat.



Here are some tips:

Think about friends and family that you want to talk to.

Reach out to the people you want to talk to.

Ask to schedule a time to talk. This can be daily or weekly.

Write down or set a reminder for the time you can both talk.

Activities you can do together include sharing music, watching a movie, or having a virtual dance party!

Here are some ways to talk or video chat:



Phone call

Call to talk with someone by phone.



FaceTime

Call to talk and video chat if you both have an iPad, iPhone, mac or iPod.



WhatsApp

Text, call, or video chat from your phone or computer if you both have WhatsApp installed.



Google Hangout

Text or make video calls to one person or a group. This can be used with an android device, computer, or Chromebook.



Zoom

Group video chat using your phone or computer. Each meeting has a host and login information that everyone will need to join the meeting.



Houseparty

Group video chat and play games using computers, Windows 10 and mac. Houseparty also has games you can play with your friends.