



Seek assistance.

If you are experiencing severe and prolonged stress, or your mental and physical distress persists for a significantly long time, or you see no signs of improvement or have little support from those around you, please do not try to manage this alone and seek assistance by contacting a health care provider and/or local government office.



Even if the matter is small, talking it through with someone may help you find peace of mind in the path to recovery. Do not keep it to yourself, and find someone to talk to, including family, those you trust, and health care professionals. You can always recover from emotional and physical distress.

