

BEHAVIORAL HEALTH IS ESSENTIAL!

Behavioral health care is essential to staying healthy.

It's okay to ask for help if you experience

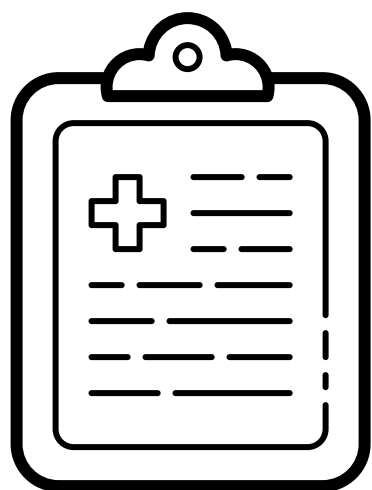
- Anxiety, nervousness, or increased stress
- Thoughts of hurting yourself
- Difficulty with relationships or family
- Hopelessness
- Drinking more or using other substances to help you cope



During these difficult times, it is more important than ever to prioritize your health.



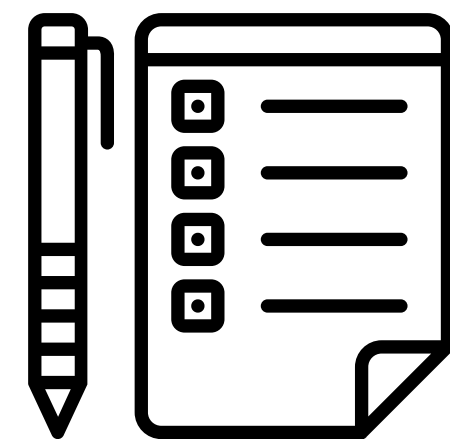
Therapy



Substance Use
Disorder Treatment



Emergency
Helpline



Mental Health
Screening

Dial 2-1-1 to connect with local health services near you.

Providers provide safe spaces for you to receive care.

Stay healthy. Stay connected.