

Need to Talk?

If you are feeling overwhelmed with stress, fear and anxiety about the uncertainty surrounding this public health emergency, there is a special *Keeping Calm through COVID* Hotline you can call. This connects you to trained, compassionate counselors who can offer support and who can direct you to mental health and substance abuse counseling services.

Call 1-866-310-7977 24/7

Trained counselors available 24/7. All calls are confidential.