Stressed?

## ARE YOU FEELING STRESSED WITH COVID-19?

## **Overwhelmed?**

Have you experienced an increase in alcohol or substance use?

> Need someone to talk to?

Feeling depressed?

Experiencing anger, anxiety, grief or sadness?

Struggling with job loss?

## Hopewell Health Warm-line is here to help 24/7 Gallia, Jackson, Meigs 1-800-252-5554

Professional Support to listen and understand what you are facing during this time, at no cost\* to you.



phone carrier charges may apply

