



# Are you...

missing your

friends

Summer  
Plans

Grandparents

Feeling Overwhelmed?

Experiencing  
anger, anxiety,  
grief or sadness?

Depressed?

## Needing someone to talk to?

**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

