

Resilience.

Your mental health is important.

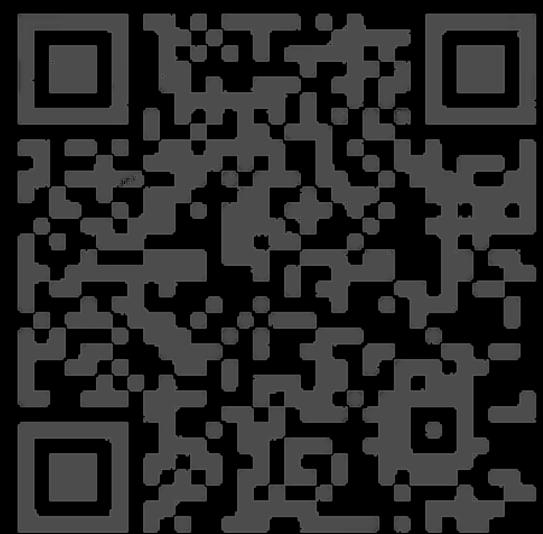
Since the pandemic, there is an increase in rates of isolation, bereavement, anxiety, and fear.

If you find yourself having persistent anxiety or feeling like you aren't able to function, please reach out.

You are important.

Please take care of yourself.

Visit for more information, hotlines, and resources.





Connection.

Your mental health is important.

Stay-at-home orders and social distancing are making social isolation prevalent and greatly impacting our mental health.

Finding ways to safely connect with others can help ease the sense of isolation.

But there are times where we have to sit with our own thoughts, which may not always be easy.

Take it slowly and reach out if needed .

You are important.

Please take care of yourself.

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GONE



"People we love sometimes leave our lives, but what stays is how they forever changed us"

— A Million Little Things

Change.

Your mental health is important.

Covid-19 has brought us, individually and collectively, tremendous loss and grief.

Grief can be emotionally overwhelming, but it's a normal reaction to loss.

However, these emotions can persist and overlap with other experiences and reactions. As a result, leading to lasting mental health challenges.

If you find yourself overwhelmed and seem "stuck", please reach out.

You are important.

Please take care of yourself.

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hotlines, and resources.

