

HOPE LIVES HERE



Emotional support for COVID-19 and what comes next.

As our lives slowly return to normal, it's understandable to still feel stressed and anxious. While getting vaccinated and wearing a mask can protect our physical health, our emotional wellbeing is still vulnerable. Old worries and questions have simply turned into new ones. Is it safe to return to work? Can my kids go back to school now? Where do we go from here?

You are not alone. CalHOPE offers free tips and tools, including a Warm Line and live chat, to help you manage stress and navigate emotional changes. Connect with us now to talk to someone who understands how you feel and can offer support.

Call **(833) 317-HOPE (4673)** or live chat at: **CalHOPE.org**



California
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