

LIFE IS UNCERTAIN. IT'S OKAY

TO FEEL STRESSED,
ANXIOUS, WORRIED,
OR FRUSTRATED.

Help is just a click away.

With CalHOPE's free and secure mental health resources, it's easy to get the help you and your loved ones need, when you need it the most.

Mental health support at **CalHOPE.org**



CalHOPE is a program of the
Department of Health Care Services