

# 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](https://www.calhope.org)



CalHOPE is a program of the  
Department of Health Care Services