



## Were you affected by the outbreak?

### We provide ...

- Information
- Education
- Emotional support
- Links to resources

Are you interested in talking with someone?

### Attend a short presentation on:

- Recognizing common reactions to disasters
- Building coping skills for the recovery process
- Managing disaster-related stress
- Identifying and meeting children's needs

### We are ...

- Confidential
- Anonymous
- Free

We are available throughout the outbreak to meet virtually

Contact us through our support line coming soon or directly with the contact information below:

### Contact Us!

**1-833-681-0211** TTY available

M-F 9am to 9pm Weekends 9am to 6pm

**WaListens.org**

*We are here for YOU.*