

Have you or a loved one been impacted by COVID-19?

Are you experiencing any of the following?

- Anxiety • Anger, Resentment and Conflict • Uncertainty about the future
- Prolonged mourning • Diminished problem-solving • Isolation and Hopelessness
- Health Problems • Physical and Mental Exhaustion • Lifestyle Changes • Financial Stress

Project Recovery can help.

Crisis Counselors are working in your area to provide compassionate nonjudgmental emotional support, information, resource referral, coping skills and stress management.



**Call 2-1-1 and ask for Project Recovery
or visit us at
www.projectrecoverywi.org**

PREVENT THE SPREAD OF COVID-19

- Minimize physical contact & Maintain 6 feet of distance between you and others.
- Minimize travel, especially to "hot spots" within and beyond our state borders.
- Practice good hygiene.
 - Wash your hands regularly for at least 20 seconds with soap and water or use an alcohol-based sanitizer.
 - Cover your mouth and nose when coughing or sneezing.
 - Avoid touching your face!
 - Wear a mask!