



COVID 19 SUPPORT  
FOR  
MEDICAL PERSONNEL & FIRST RESPONDERS:

People are here to support your heroic efforts

**Call: 618.381.5173**

All Medical personnel and First Responders involved in the care of COVID individuals are under unprecedented trauma and stress. Many times they have no one to talk to about the challenges and pressures they face. Sometimes what's needed most in difficult times is someone to talk to; someone who will listen and help persons consider their options and resources. This is not a crisis line, but is a source of support to help individuals work through current stress and anxiety. Trained mental health volunteers from our area are ready to talk and provide resources for managing during these difficult times. Please call **618.381.5173** so that we may direct you to a caring listener.