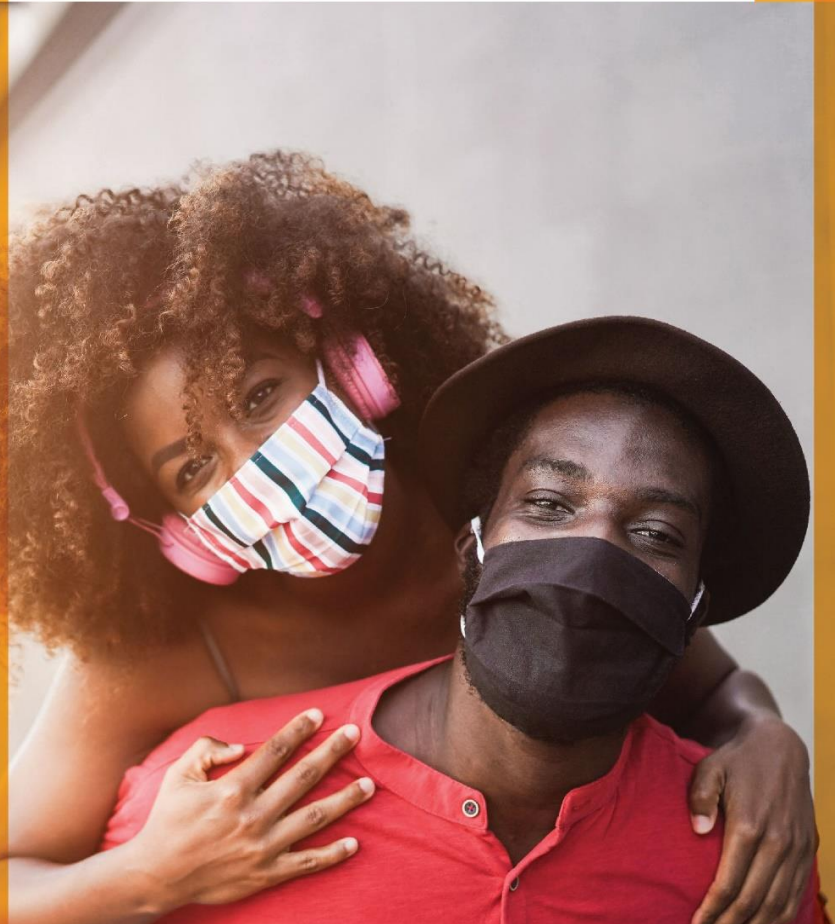




HOPE LIVES HERE



Cal Voices COVID-19 Support Line

(916) 288-8535

Monday – Friday | 8:30 AM – 5:00 PM

CalHOPE Warm Line

(833) 317-4673

24 Hours a Day, 7 Days a Week

Or to chat, visit calhopecconnect.org

CalHOPE offers crisis counseling after a federal declaration of emergency. It offers resources and information to help people find their way during these difficult times.



“ HOPE WILL
PERSEVERE”

Tips to Manage Stress:



Take a break from the news if it's causing you to feel overwhelmed.



Maintain social contact by phone, text, or email with those who support you.



Treat your body kindly—eat healthy foods, avoid excessive alcohol, and exercise as you are able.



Focus on what you can control, and let go of the rest.

calhope.org

(833) 317-4673

CAL VOICES a continuation of
NorCal
MHA
Mental Health America
ADVOCACY • RECOVERY • PEER SUPPORT