

*MEDICAL PERSONNEL, FIRST
RESPONDERS, LONG TERM
CARE AND ASSISTATED LIVING
STAFF ARE YOU?*

irritable

having feelings of numbness

overwhelmed

struggling to focus

tired

losing sleep



*CALL 618.381.5173 TO SPEAK
WITH A LOCAL, TRAINED
MENTAL HEALTH VOLUNTEER*



*THE REGIONAL MENTAL HEALTH
DISASTER TEAM IS PREPARED TO
PROVIDE SUPPORT DURING THIS
DIFFICULT TIME.*