

# 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](http://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!