



## WE MAY BE APART, BUT WE DO NOT HAVE TO BE ALONE.

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### IF YOU ARE IN CRISIS, PLEASE CONTACT:

Behavioral Health  
Crisis Line:  
**1-877-756-4090**

National Suicide  
Prevention Lifeline:  
**1-800-273-8255**  
Or text 'hello' to  
**741741**

### FOR MORE INFORMATION REGARDING COVID-19 CONTACT

Coconino County  
COVID-19 Call  
Center:  
**928-679-7300**



We are living in stressful times. COVID-19 is impacting all of our lives and affecting each of us in different ways. As this situation continues to unfold it is natural to feel scared, confused, or worried. During times like these, our health—and mental health, too—can suffer, even if we don't really notice it. Many of us can feel, and in fact are, physically separated or removed from our routines, friends, and families. During this time, separation is often necessary for everyone's health and safety. And while we are apart or stressed, we do not have to be alone. We may be physically separated, but we can and should stay connected. Please visit: <https://coconino.az.gov/2265/Stronger-As-One> for free resources to support you and your wellbeing during this unprecedented time. And remember, we are in this together, we are Stronger as One.

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### FOR RESOURCES TO MANAGE YOUR WELLBEING IN RESPONSE TO COVID-19.

#### VISIT:

<https://coconino.az.gov/2265/Stronger-As-One>

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