



Many of you are on the frontlines of America's response to the COVID-19 pandemic and are tirelessly and heroically working to protect the health and safety of our residents. We want to tell you we are here to support you, as a community resource for your mental health needs during these unprecedented times.

As you navigate this scary and unpredictable time, we encourage you to be mindful of your stress levels. If your anxiety is interfering with daily functions like sleeping, eating or concentrating, please seek immediate assistance. If you are struggling with a drug or alcohol dependency, you may be compromising your immune system and putting yourself (and others) at greater risk of contracting the Coronavirus— now is the time to get help.

Your safety and mental health are our top priority, and we are here to assist you in any way we can. Never feel ashamed to reach out for a drug or alcohol problem or other mental health need: When you utilize our services to the community, you'll be acting in the public health interests of our local and global community at a time when your help is needed most.

Remember all calls are confidential and are answered 24/7 by our dedicated and informed counselors. We are here for you day and night, if and when you need us.

Janet Gerhard

Director of Public Community Affairs

FHE Health

FHEhealth.com

Phone: (954) 421-6242

JGerhard@fhehealth.com