

YOU ARE NOT ALONE.
THERE IS ALWAYS HOPE.

Need to Talk?

If you are experiencing loneliness, depression, or anxiety due to the effects of the Coronavirus, we are here to help.



These resources are free and available 24/7.

For emotional support during COVID-19

(866) 342-6892

Washington State Health Care Authority

Lewis County Mental Health Line

(800) 803-8833

Cascade Community Healthcare

www.StartTalkingNow.org

Help is just a phone call away.