

TOGETHER WE GOT THIS!



During a crisis we all feel more vulnerable. You are not alone.

FAMILY SERVICE ASSOCIATION

www.fsahc.org



We are here 24/7 to help individuals that have experienced Domestic Violence and Sexual Assault. We provide crisis intervention, shelter stay, advocacy, programs and share community resources. **877-482-4222**

MENTAL HEALTH OF AMERICA

www.mhanci.org



Together we are strong. Its easy to feel overwhelmed sometimes. MHA provides encouragement and resources for those struggling with the uncertainty, including early intervention for mental illness 24/7. **800-272-8255**

THE UNITED WAY

www.uwmiamip.org/COVID-19
www.unitedwayhoco.org



Now more than ever, The United Way has mobilized local caring partners for resources needed on the path to community recovery. Check out these local websites for listings of resources for assistance including food and funds.

THE YMCA

www.ymca360.org



The YMCA may be closed temporarily but they launched a **free** online exercise program with a growing library of on demand fitness classes for the entire family. When things are not working out; try working out.

We understand that times are confusing right now as we all struggle to find the new normal. Give yourself grace. Stay connected with family and friends. If you know someone that is overwhelmed or needs support, please share these resources with them. We are stronger together.