COVID-19 have you feeling...

STRESSED/ANXIOUS/DEPRESSED/UNSURE

NEED SUPPORT?

CALL US!

850-270-8911

Available 9-5pm EST

*If you are in need of immediate mental health services*

*Call one of the below available 24/7*

**National Suicide Prevention Hotline: 1-800-273-TALK (8255)**

**SAMSA Disaster Helpline: 1-800-985-5990 or text TalkWithUs to 66746**

**Crisis Text Line: Text "HOME" to 741-741**

As part of our continuing mission to support the ongoing recovery of Gulf County and create more resilient communities, we are offering a Resource and Referral Helpline for those in need.

The COVID-19 global pandemic has the ability to create uncertainty, anxiety, loneliness and depression as we adjust to business closures and loss of work, physical isolation and caring for others like children and those who are ill. The Citizens of Gulf County Recovery Team is now providing anyone in need links to available resources and up to date accurate information so that you can focus on your own health and recovery

WE ARE THERE FOR YOU!

[www.recovergulf.org](http://www.recovergulf.org)

850-270-8911