

# Are you struggling to cope with the COVID-19 pandemic?

Worried about the health of your loved ones?

Anxious about your job, business and finances?

Stressed over your children's education and well-being?

Feeling overwhelmed about what's to come?

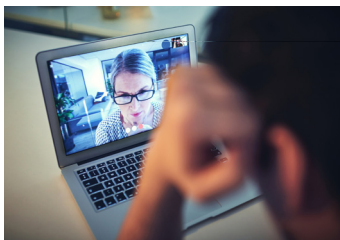
It is normal to feel stress and anxiety during uncertain times. But sometimes, it can become too much for us to handle without help. Let our team of trained counselors help you understand what you are experiencing, provide needed support, and identify community resources that can be of assistance - all at no cost to you.

Our counselors can provide confidential support during this crisis for both you and your family. And if you are uncomfortable asking for help, you may receive counseling anonymously by phone.

## Counseling Services are Available in Three Ways

*At No Cost to You*

### VIRTUALLY



### BY PHONE



(Anonymously if preferred)

### IN-PERSON



ALABAMA | P | A | R | TOGETHER

To speak with a counselor, contact us:

TOLL-FREE **1-866-752-3418** • **AltaPointe.org**

Monday - Friday, 8:00 a.m. - 4:30 p.m.