



## **It's Okay to not be Okay. But we want to help.**

We all feel the stress brought on by an unwelcomed global pandemic. Fear, increased anxiety, mood changes, relationship and family discord .... are what we see across our community. We are not living in normal times. As schools begin this fall, teachers, administrators and all school employees are now the essential workers that we need to keep healthy and resilient. We recognize how difficult it is to make the types of decisions that are necessary right now. We understand, and we want to help.

**ABBE CENTER** and **HILLCREST FAMILY SERVICES** have partnered to offer all school districts in Benton, Buchanan, Bremer, Delaware, Dubuque, Iowa, Jones, Johnson and Linn Counties **FREE** resources for all school employees.

This includes up to **5 individual sessions** to talk individually about you, and how this global pandemic has impacted your life. Sessions will include tips on resiliency and how to help others that are struggling as well. These sessions could be arranged by phone or telehealth if preferred.

Interested individuals may also join a **virtual support group** to talk with Peers and provide mutual support.

**Handouts or video clips** may also be requested to distribute in your classrooms or to share with parents.

Presentations of "**Make it Okay**" to learn how to open up and have crucial conversations about mental health.

We see you. We care about you. And we want to help! Please contact us at the numbers below:

**ABBE CENTER – 319-398-3562**

**HILLCREST FAMILY SERVICES – 563-207-5494**