



## It's time someone took care of YOU

Are you experiencing fear, increased anxiety, mood changes, relationship problems or family discord? It is understandable that people are not quite feeling like their normal self, because we are not living in normal times.

**ABBE CENTER** and **HILLCREST FAMILY SERVICES** have partnered to offer all employees of medical, fire and law enforcement in Benton, Buchanan, Bremer, Delaware, Dubuque, Iowa, Johnson, Jones and Linn Counties some **FREE** resources!

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. For extra convenience, these sessions could be arranged by phone or telehealth.

Individuals that are interested would also be invited to join a **virtual support group** to talk with their Peers and to provide mutual support.

**Handouts, video clips or presentations** are available to distribute to your staff or to post in work areas.

*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 – 563-583-7357**

