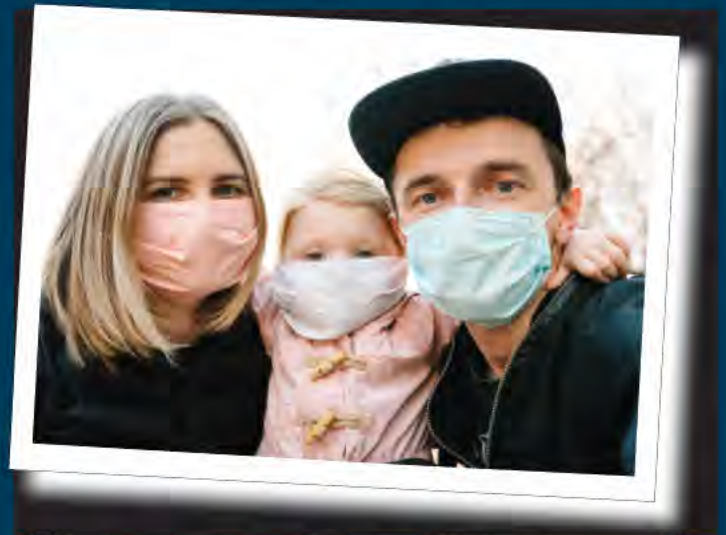


Emotional Recovery from COVID-19

ARE YOU EXPERIENCING ANY OF THE FOLLOWING SIGNS OF STRESS?

- ➔ Difficulty falling or staying asleep, having nightmares
- ➔ Having low energy or difficulty concentrating
- ➔ Irritability, outbursts of anger
- ➔ Crying, feeling sad
- ➔ Excessive drinking or drug use
- ➔ Feeling nervous or "on edge"
- ➔ Constant worrying
- ➔ Incapacitating guilt and self-doubt
- ➔ Sudden painful emotions
- ➔ Feeling apathetic or numb, withdrawing from others
- ➔ Developed a fear of leaving your home.



MOVE FORWARD

with the help from Tennessee Recovery Project

Unprecedented events like the COVID-19 crisis, can cause changes in our emotional health. In response, The Tennessee Recovery Project was established as a supportive resource to help relieve the effects of the COVID-19 crisis with specific emphasis on emotional well-being. We are here to provide assistance during this uncertain time.

AVAILABLE SERVICES

- ➔ Connection to resources
- ➔ Short-term supportive counseling
- ➔ Long-term counseling referrals
- ➔ Coping advice

GET HELP TODAY!

833-954-2424



RECOVERY PROJECT

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