



Are you feeling stressed from the outbreak?

We provide ...

- Information
- Education
- Emotional support
- Links to resources

Are you interested in talking with someone?

We will have presentations posted on our website on:

- Recognizing common reactions to disasters
- Building coping skills for the recovery process
- Managing disaster-related stress
- Identifying and meeting

We are ...

- Confidential
- Anonymous
- Free
- Available to anyone in the state of Washington

We are available throughout this difficult period contact a support specialist at the contact information below:

Contact Us!

1-833-681-0211

WaListens.net

We are here for YOU.