

**THE EFFECTS OF THE PANDEMIC ARE BEING FELT
ACROSS IDAHO.**

**YOU ARE NOT ALONE.
HELP IS AVAILABLE.**

**WE PROVIDE
INFORMATION, RESOURCES, AND EMOTIONAL SUPPORT.**

ARE YOU INTERESTED IN:

- **UNDERSTANDING COMMON REACTIONS TO DISASTERS LIKE THE COVID-19 PANDEMIC?**
- **TALKING TO SOMEONE ABOUT YOUR SITUATION?**
- **GETTING RESOURCES IN YOUR LOCATION?**
- **LEARNING HOW TO MANAGE YOUR STRESS?**

**MOVE FORWARD
AGAIN WITH
HELP FROM US.**

**SERVICES ARE FREE AND
CONFIDENTIAL.**

#IDAHOSTRONG

**CALL YOUR LOCAL COVID-19
COMMUNITY RESOURCE SPECIALIST.**

**TARA CONTRERAS 986-200-9756
BANNOCK, BEAR LAKE, CARIBOU, FRANKLIN, ONEIDA,
POWER COUNTIES**



LET'S BE IDAHO STRONG