



HERE TO *help*

COVID-19: TALK. SUPPORT. HELP.

If you feel overwhelmed in your situation or are struggling with emotions like anxiety, depression, stress, sadness or fear, you are not alone. **Please get the support you need from people who care. Call 211 now. We're here 24/7.**

A Partnership of the South Dakota Department of Social Services, Department of Health, and 211 Helpline Center. Federal funding for the program is provided through a federal grant by FEMA and SAMHSA.

605
STRONG
.COM

CALL 211

TEXT '605STRONG' TO 898211

VISIT 605STRONG.COM