



How is YOUR stress these days?

It is easy to get overwhelmed with the increasing stress that COVID-19 has had on our personal and work lives. So much change which has led to higher anxiety, insomnia, irritability, and just not feeling yourself.

What can you do?

It is important to **talk about it** and to **learn about resiliency and self-care!**

Abbe Center and Hillcrest Family Services have collaborated with the East Central Mental Health Region to offer **FREE** Mental Health Wellness Coaching sessions to anyone living in Benton, Bremer, Buchanan, Delaware, Dubuque, Iowa, Johnson, Jones or Linn Counties.

How do you set this up? Just simply make a phone call!

- **Abbe Center for Community Mental Health – 319-398-3562**
- **Hillcrest Family Services – 563-207-5494**

