

During the COVID-19 Crisis, it is just as important to care for your mental health as it is your physical health. If you or someone you know is struggling, REACH OUT. Here are just a few of the resources available. We will continue to share free resources with you during this difficult time.

Mental Health:

7 cups: www.7cups.com; free online text chat for emotional support and counseling

Disaster Distress Helpline: 800-985-5990

Or text TalkWithUs to 66746

Suicide Prevention Hotline: 800-273-8255

Or text CONNECT to 741741

MoodGYM: moodgym.com.au

National Domestic Violence Hotline: 800-799-7233

Recovery Resources:

Bad River AODA Open Recovery Meeting: 4pm daily.

<https://global.gotomeeting.com/join/130162509>

Or call 1-646-749-3122 Access Code: 130-162-509

In The Rooms: intherooms.com/home/

Please call the Bad River Health and Wellness Center at 715-682-7133 if you have questions or would like more information