



- Assist individuals and communities in recovering from the mental health effects of the COVID-19 pandemic.
- Assist survivors in understanding their current situation and reactions, mitigating stress, developing coping strategies, providing emotional support, and encouraging linkages with resources and longer-term supportive services.
- Provide community outreach and support for hardships caused by COVID-19
- Provide statewide community outreach and support leveraging a virtual service delivery.
- Provide non-clinical emotional and crisis services
- Provide up to 6 sessions per person, culturally proficient, emotional and crisis support sessions to affected populations, throughout the state, that have been impacted by COVID-19 and are experiencing negative outcomes
- Provide individual (1 on 1), group, and family CCP sessions

***\*ALL SERVICES ABOVE ARE AT NO COST***



Call toll free BeWellLine number:  
**1.855.838.6910**



Or to chat, visit:  
**calhopeconnect.org**