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# WE'RE HERE TO LISTEN AND HELP!

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## DURING THIS TIME OF COVID-19, IF ANYONE IN YOUR HOUSEHOLD

- feels angry, irritable, or grumpy;
- cries or feels like crying more than usual;
- has trouble with falling asleep or sleeping too much;
- has a hard time concentrating or completing work/schoolwork;
- is eating too much or doesn't feel like eating enough;
- is drinking too much or showing other risky behaviors;
- feels hopeless or worthless;
- or has been feeling or acting in a way that worries you,

## HELP IS AVAILABLE!

Please call any of the agencies below to talk  
about your concerns.

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Anazao Community Partners*	330-264-9597
Catholic Charities	330-262-7836
OneEighty*	330-264-8498
The Counseling Center of Wayne and Holmes Counties*	330-264-9029

## HERE TO HELP THROUGH:

- Telephone conversations
- Video appointments on your phone, computer, or tablet
- In-person appointments

24-Hour Crisis Line:	330-264-9029
Wayne County 24-Hour Treatment Navigator (substance use):	330-466-0678
Holmes County 24-Hour Treatment Navigator (substance use):	330-439-9567

*\* Two initial 30-minute consultation sessions available at no cost.*



**Treatment Works • People Recover**

