



We are here for you and your family

We are all trying to balance different challenges right now.

The **Nevada Resilience Project** supports families and individuals experiencing struggles and challenges due to COVID - 19. Our **Resilience Ambassadors** provide education, information, counseling, and resource navigation while promoting healthy coping, empowerment, and resilience. It's normal to be experiencing difficulty with adapting to the new challenges of managing work, school, family, or home due to COVID-19, feeling isolated or anxious, or worried about meeting basic needs like having enough food or access to healthcare.



Bi-lingual access to services



Assistance navigating to needed resources in your community



Help to reduce stress, build coping skills, and develop a resilience plan



Services are free and confidential

Resilience Ambassadors - Southern NV Health District

Christine Ferguson: cferguson@health.nv.gov / (775) 431-7084

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To learn more or connect with the Nevada Resilience Project, visit:
NevadaResilienceProject.com

For immediate help, please contact **Crisis Support Services of Nevada**
Call: 1 (800) 273-8255 Text: CARE to 839863

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