the campaign to changedirection®

giveanhour® Giving Help and Hope

FOUR COUNTY
BETTER CARE, BETTER TOGETHER



PARTNER TO BRING YOU:

CORONAVIRUS AND EMOTIONAL WELL-BEING

Four County, your local community mental health provider, wants to underscore the importance of your mental health during this time. Here are some resources from the Give an Hour and the Campaign to Change Direction for your emotional health as well as your physical health!

HEALTHY HABITS FOR EMOTIONAL WELL-BEING

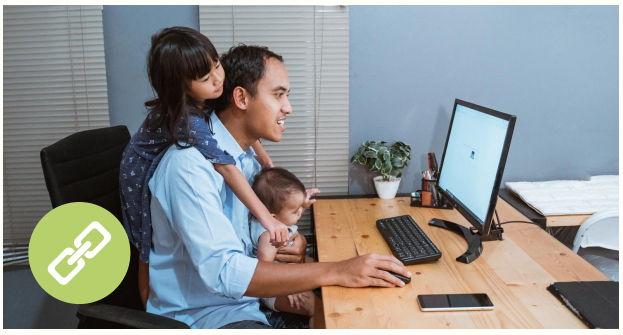
PDF

- Take Care of You
- Check In With Others
- Engage and Connect Wisely
- Relax and Reduce Stress

HABITOS SALUDABLES PARA UN BIENESTAR EMOCIONAL

PDF

- Cuídate A Ti Mismo
- Registrarse Con Otros
- Participar Y Conectarte Sabiamente
- Relajate



TIPS FOR WORKING FROM HOME

- CREATE YOUR WORKSPACE
- CHECK-IN & CONNECT WITH COLLEAGUES & FAMILY MEMBERS
- TAKE CARE OF YOU



TALKING WITH YOUR KIDS

- LISTEN — Make time to talk with your kids throughout the crisis, but don't force it
- WATCH — Watch their behavior for clues about unexpressed worry, anger, or sadness
- SHARE — Reassure your kids that you are there to keep them safe



VIRTUAL SERVICES

FOURCOUNTY
BETTER CARE, BETTER TOGETHER

ALL Four County services are now available virtually through phone and tele-health options as part of Covid-19 response. Managing your mental health has never been more accessible whether in your home, on a brief break at work, or wherever you find yourself when in need.

We are a community mental health center serving North Central Indiana and are #INThisTogether.

Make an appointment today at
(800) 552-3106

@FOURCOUNTYINFO

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We wash our hands for our physical health, learn the **Five Signs of Emotional Suffering** to keep up with your mental health.

Nos lavamos las manos por nuestra salud física, aprendemos los **5 Signos de Sufrimiento Emocional** para estar al tanto de neustra salud mental.



No Feeling Like U?

¿No te sientes como tú misma?



R U Withdrawn?

¿Estás retraído?



R U Agitated?

¿Estás agitada?



Caring 4 U?

¿Cuidas de ti mismo?



Feeling Hopeless?

¿Te sientes desesperanzada?