

**DOES COVID-19 HAVE YOU FEELING STRESSED,
DOWN OR USING DRUGS OR ALCOHOL?**

**OVER 40% OF ADULTS HAVE REPORTED MENTAL
HEALTH SYMPTOMS DURING THE PANDEMIC.
YOU ARE NOT ALONE. GETTING HELP IS EASY.**

Dial 2-1-1 or visit [211Arizona.org](https://211arizona.org)

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**¿POR CAUSA DE COVID-19, SIENTE USTED ESTRESADO,
DEPRIMIDO, O ESTÁ CONSUMIENDO DROGAS O ALCOHOL?**

**MÁS DEL 40% DE LOS ADULTOS HAN REPORTADO SÍNTOMAS
DE SALUD MENTAL DURANTE LA PANDEMIA.**

NO ESTÁ SOLO. OBTENER AYUDA ES FÁCIL.

Marque 2-1-1 o visite [211Arizona.org](https://211arizona.org)

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