

**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**



Banner  
University Health Plans



**¿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)**

**2.1.1**



Banner  
University Health Plans

