

How is YOUR stress these days?

It is easy to get overwhelmed with the uninvited impact that COIVD-19 has had on our personal and work lives. So much change which has led to higher anxiety, insomnia, irritability, and just not feeling yourself. What can you do?

It is important to **talk about it**! Abbe Center and Hillcrest Family Services have collaborated with the East Central Mental Health Region to offer **FREE** Mental Health Wellness Coaching sessions to any school district employee. How do you set this up?

Just simply make a phone call!

* **Abbe Center for Community Mental Health – 319-398-3562**
* **Hillcrest Family Services – 563-207-5494**

