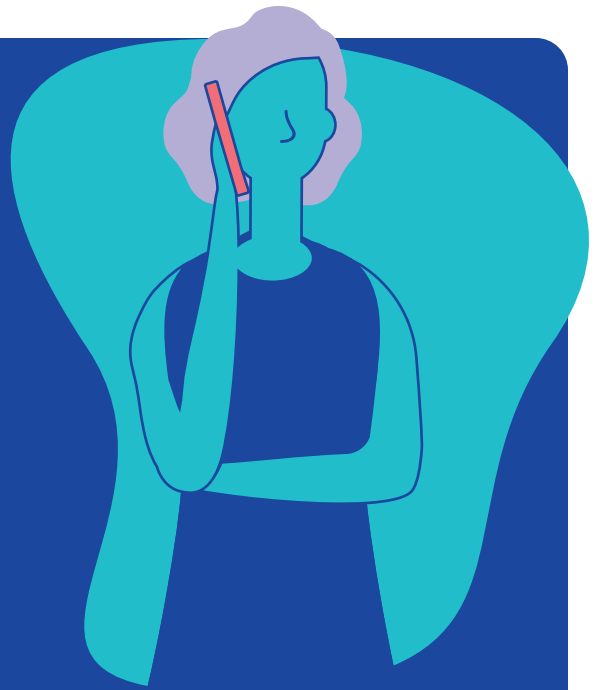


Confidential Counseling **24/7**

Get support when everything
feels like it's too much.



Negative and stressful thoughts caused by the COVID-19
pandemic can make you feel alone. It helps to connect to others.



It's OK to feel overwhelmed.

It's OK to be frustrated.

It's OK get help.



The Be Well Crisis Helpline is a **confidential, secure and free**
service available to all Hoosiers.

Call 2-1-1 to speak with a trained counselor 24/7.



**Be Well
Indiana**

BeWellIndiana.org