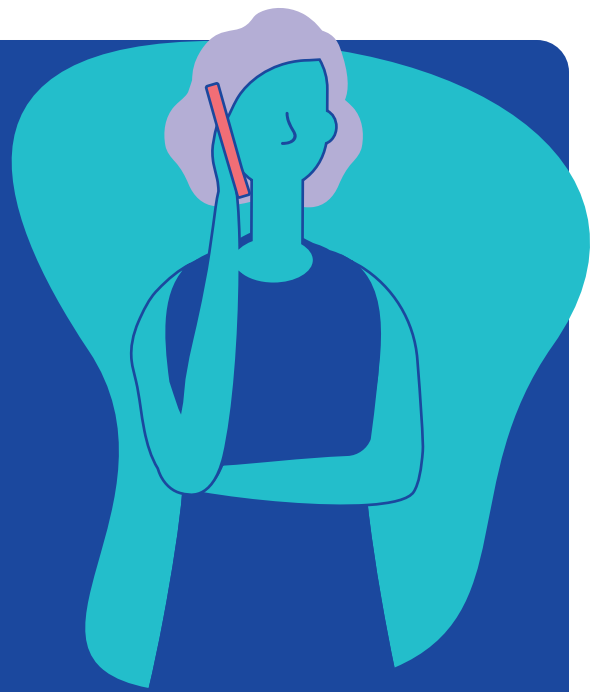


# Confidential Counseling **24/7**

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.**



[BeWellIndiana.org](https://BeWellIndiana.org)