

If you're feeling stressed or depressed, talk to your healthcare provider to get the help you need.

Key Points:

1. Many people have had a hard time during the COVID-19 pandemic and feel depressed or anxious.
2. Counseling and mental health care help you to learn to process your emotions in a healthy way, so you feel better.
3. Many clinics have information about how to find a mental health professional, and about resources to help you pay.



Rural Women's Health Project
www.rwhp.org



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Seeking help, finding strength



Anna, are you alright, dear?
You look worried.



I just feel sad sometimes, Luis.



The pandemic has made life really hard.



I know. I always worry about losing my job. How would we feed the kids?



Definitely. I worry about taking care of our family- and losing the people we love!

My friend Alma, from work, lost her parents.



Now she is sad and distracted all the time.



I told her to go to the clinic to ask about mental health care.

Mental health care? Like counseling? But isn't that for people who are...unstable?



No, counseling is for everyone! We all need support sometimes.

But how can counseling fix anything? It's just a lot of talk.



Talking to a counselor helps you work through your emotions.

It doesn't make the problem go away, but you learn to manage.



Luis, I am thinking of going to counseling for myself. I just can't stop being anxious.

There are some programs that offer help with payment.

I don't know... how would we pay for it? We are struggling just to pay our bills.



And, I think it is important.

I guess that's a good idea. I don't want you to worry anymore, Ana.



I will always worry a little, I'm a mom!



...but maybe I can learn to manage my worries better.