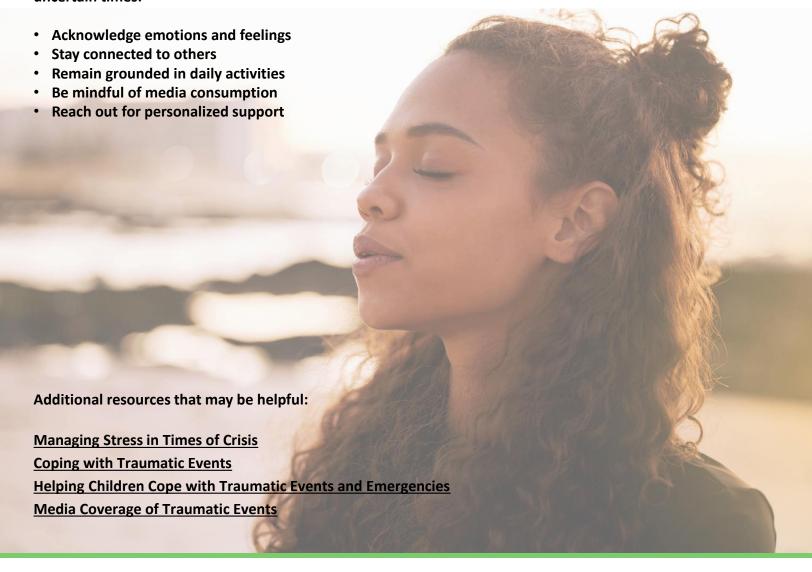
## Resources for Staying Emotionally Healthy in Times of Stress

In times of crisis, including civil unrest, it is normal for people to experience heightened anxiety, stress, grief, trauma, fear, numbness, shock, or a variety of emotions. It is important to acknowledge these emotions without judgment and make your mental health and well-being a priority.

Through your IMPACT Solutions Employee Assistance Program, mental health support is available. It may help to speak with a mental health professional for personalized support.

Here are some additional tips to help manage emotional wellness and mental health during challenging and uncertain times:



**Contact IMPACT Solutions** 

Call: 800-227-6007

Visit: www.MyImpactSolution.com

Code: cwrueap

