

# DON'T SUFFER IN SILENCE

No Cost COVID-19  
Counseling Services

## Are you feeling overwhelmed or stressed due to COVID-19 pandemic?

Have you been affected by the COVID-19 Pandemic? You are not alone. All of our lives have changed, and change--whether good or bad--causes STRESS.

Stress can cause mental health issues, medical issues, interfere with your sleep or eating. It can lead to increase in alcohol, substance or tobacco use.

Montgomery Area Mental Health Authority, through the Alabama Apart Together Program, provides supportive services to include:

- Information
- Education
- Emotional Support
- Links to Resources and Referrals

Services are free, confidential and completely anonymous. Call us today. We are here for you!

Services are available  
virtually or by phone



To speak with a counselor, contact us:

1-888-720-8280 | [www.mamha.org](http://www.mamha.org)

Monday - Friday, 8:00 AM to 5:00 PM