

**COVID-19 INFORMATION**

# **HELP IS HERE FOR YOU**

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**The COVID-19 outbreak has changed our daily routines and adjusting hasn't been easy. Not for anyone. If you or someone you know is feeling overwhelmed and struggling to cope, help is available—24/7.**

**Visit [alberta.ca/mentalhealth](https://alberta.ca/mentalhealth) to find resources.**

*Alberta* 