

RESILIENT *Arizona*

CRISIS COUNSELING PROGRAM




Get Connected with
a **FREE** Crisis Counselor



CALL 2-1-1

100% FREE & CONFIDENTIAL · STATEWIDE



*Has COVID-19 left
you with feelings of...*

Anxiety? Fear?

Loneliness? Stress?

Statewide providers are ready to help
with support and connections to resources.

Call 2-1-1

to get connected to Free Crisis Counselors!

Se habla español

resilientarizona.org

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