



HERE TO *help*

CALL 211

TEXT '605STRONG' TO 898211

VISIT 605STRONG.COM

605
STRONG
.COM

COVID-19:
TALK. SUPPORT. HELP.

STRENGTH TAKES COURAGE

CRISIS CONNECTION

No matter who you are, your life has been impacted by COVID-19. Thousands of people across South Dakota are facing challenges unlike any they have ever experienced. If you feel overwhelmed in your situation or are struggling with emotions like anxiety, depression, stress, sadness or fear, you are not alone. Your feelings are an understandable human response before, during and after a crisis situation. Finding a healthy way to work through these feelings is important for you and everyone around you. Call 211.

You are why we are here.

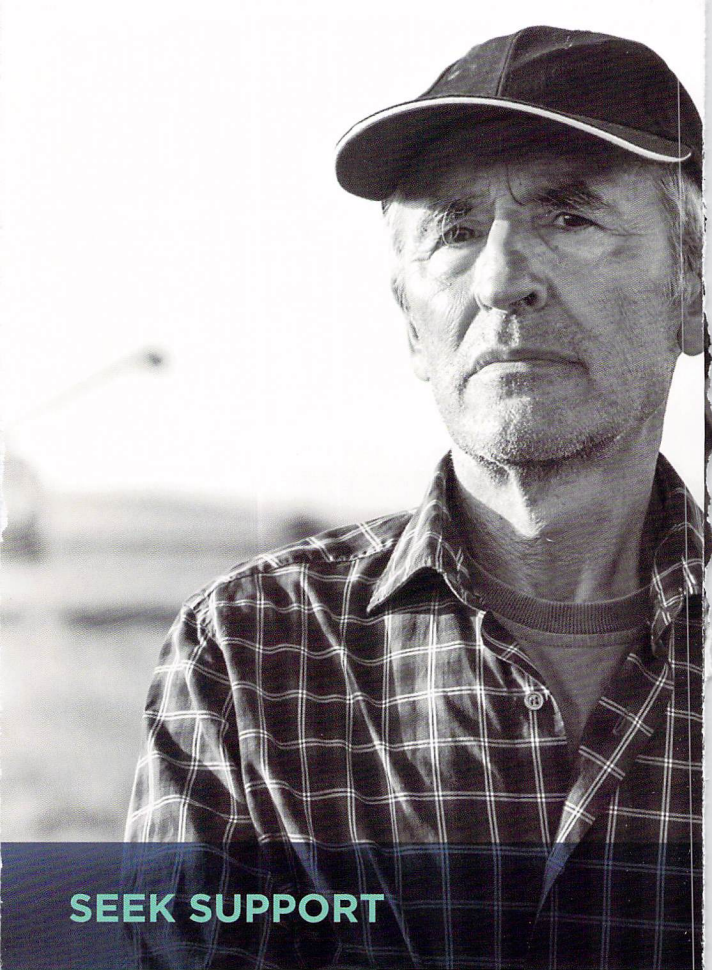
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A Partnership of the South Dakota Department of Social Services, Department of Health, and 211 Helpline Center. Federal funding for the program is provided through a federal grant by FEMA and SAMHSA.



SEEK SUPPORT

Our counselors are specifically trained to provide support for individuals who have been affected by the current pandemic. If you see yourself or someone you love impacted, there is a community of people in South Dakota who share and identify with your situation. Again, you are not alone and it's important that you get the help you need. Call 211.



HERE TO HELP

We urge you to reach out and connect with someone who will listen and understand. Our professional counselors are trained to provide you with proactive measures to help you deal with your individual emotions and situations. Our goal is to help as many people as possible, lifting up the 605 so that our businesses, families and lives can move toward a stronger, brighter future.

Please get the support you need from people who care. Call 211 now. We're here 24/7.

SHOULD YOU CALL 211?

- You are having a hard time taking care of yourself or your family on a daily basis
- You experience abnormal sleep patterns— not sleeping at all or sleeping excessively
- Stress gets in the way of your daily activities several days in a row
- You experience rapid, unexplained mood swings
- You feel sad, blue, hopeless or depressed the majority of the time
- You worry excessively and experience anxiety that overtakes most of your thoughts
- You can't shake the impact of a trauma or loss in the past or caused by recent events
- You are using alcohol, drugs (including prescription drugs), other substances or activities as a way to help you numb your pain
- You anger easily and often act irrationally or even violently
- You have irrational fears that interrupt your daily life, including hallucinations, obsessive behaviors and extreme behaviors
- You have seriously contemplated suicide