

# COVID Help Now Line

Call or Text 986-867-1073 or Toll Free 866-947-5186  
8am to 8pm Mountain Time, 7 days a week

## About COVID Help Now

- Callers may leave a message during off hours and receive a return call the following day.
- Responders do not classify, label, or diagnose people, and no records or case files are kept.
- Representatives can help you understand your current situation and reactions.
- Provide emotional support and help you identify coping strategies.
- Help you with your immediate crisis needs and connect you with community resources.
- Assist in reviewing disaster recovery options.



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