

MENTAL HEALTH SUPPORT FOR YOU!

A volunteer group of NH/VT-licensed psychotherapists want to support Upper Valley residents who have been affected by Covid-19

Free, 30-minute confidential Telehealth or phone support can be booked online at www.UVCovidRelief.org

Support is available to anyone in the Upper Valley who feels affected by the Covid pandemic including, but not limited to:



- Retail and grocery workers
- Furloughed/unemployed due to Covid
- First responders
- All hospital employees
- Nursing home/home health aides
- Teachers
- Stay at home parents
- Elders in isolation
- Postal, FedEx and UPS workers

Our goal is to get you support soon!

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