



Free Mental Health Care for Frontline CoVid workers...

Are you exposed to CoVid in your work or home life?

Are you experiencing unmanageable fear, problems with concentrating or sleeping, an increase in chronic health problems or use of substances such as alcohol?

Would you like some support for coping?

Crossings Healing & Wellness is facilitating connections between volunteer mental health providers and people in daily exposure to CoVid. We appreciate you!

Volunteer therapists are available for free on-line sessions!

Register here and we will be in touch with you soon!

<https://crossingshealing.org/resources/covid19/resources>

Crossings
Healing & Wellness

Serving the health and wellness of the DC/MD/VA area for over 25 years.