



FREE MENTAL HEALTH COACHING SESSION

The daily stress caused by the coronavirus, social distancing and the deep financial crisis have had a big impact on all people in our community.

It is normal to experience feelings of isolation, anxiety and uncertainty in this abnormal situation. Prioritizing your mental health and staying connected is more important than ever.

The mental health impact of this pandemic is expected to include both short term effects, such as anxiety, insomnia, grief and difficulty coping with day to day stresses, and the potential for longer term issues with chronic anxiety or depression.

Abbe Center is offering a **free** Mental Health Coaching session to individuals that could benefit from tips on caring for their mental health during this trying time. This free session is not intended to replace on-going therapy services but will provide you with some tools to help you during this time.

Abbe Community Mental Health continues to be available to individuals in need of mental health treatment or support during the COVID-19 pandemic. Abbe Community Mental Health offices remain open, and same day appointments are available.

To learn more about the mental health services available through Abbe Community Mental Health, visit unitypoint.org/abbehealth or call (319) 398-3562.



UnityPoint Health
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