

# LOOKING FOR HELP IN COPING WITH COVID-19?



We're here to help!

Our Helpline is available from  
8:00 a.m. - 8:00 p.m. Monday - Sunday

**833-503-0348**

Our counselors will listen to what you're experiencing, help review coping strategies, review options, and connect you with other individuals and agencies that may assist you.

Please know you're not alone. We're here to help you on your road to hope, healing, and recovery!

SERVING ANDERSON, CAMPBELL, MORGAN, ROANE, & SCOTT COUNTIES  
LEARN MORE AT [WWW.RIDGEVIEW.COM](http://WWW.RIDGEVIEW.COM) AND FOLLOW US ON FACEBOOK

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