

# Have you been affected by COVID-19?



**Call (855) 661-9191**  
Help starts here.

**Call us** if you need to talk about how  
COVID-19 is affecting you.

We can help you **manage stress**, find  
**emotional support** or connect you to  
**community resources**.

The COVID-19 helpline provides free  
assistance to individuals affected by the  
pandemic in East Tennessee.

*The helpline is answered 8 a.m. - 5 p.m.,  
Monday through Friday.*



**FEMA**



Department of  
**Mental Health &  
Substance Abuse Services**

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# ¿Te ha afectado COVID-19?



## Llame al (855) 661-9191

### La ayuda comienza aquí

**Llámenos** si necesita hablar sobre cómo COVID-19 le está afectando.

Podemos ayudarle a **manejar el estrés**, para encontrar **apoyo emocional** o conectarse con los **recursos de la comunidad**.

La línea de ayuda COVID-19 proporciona asistencia gratuita a las personas afectadas por la pandemia en el Este de Tennessee.

La línea de ayuda es respondida de 8am - 5pm, de Lunes a Viernes.



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