

SELF CHECK- IN!

- Have you lost your job?
- Did you lose health insurance?
- Do you skip medical appointments because you can't pay?
- In the past two weeks, have you felt down, or hopeless?
- Have you thought about suicide?
- Is being alone hard for you?
- Have you or your child been abused?
- Are you using alcohol or drugs?
- Are you getting less than 5 hours of sleep each night?
- Are you tired?

**DO YOU JUST NEED TO TALK TO SOMEONE ABOUT ALL THIS?
CALL 2-1-1 TODAY! WE LISTEN ... NO QUESTIONS ASKED.**



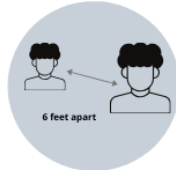
COVID-19 PREVENTION



WASH



COVER



DISTANCE



HOME



United Way of
St. Joseph County



**NEED HELP?
WANT TO TALK?**

CALL 211

MY 2-1-1
UNITED WAY
OF ST. JOSEPH COUNTY

24 HOURS A DAY

FREE

**COMPLETELY
CONFIDENTIAL**

**WE WON'T EVEN
ASK YOUR NAME**

