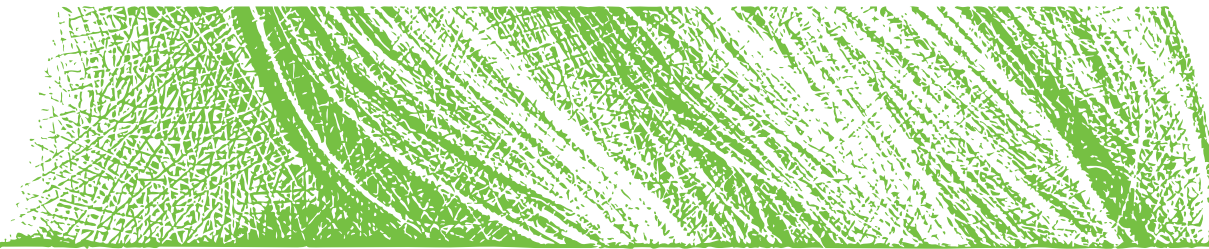


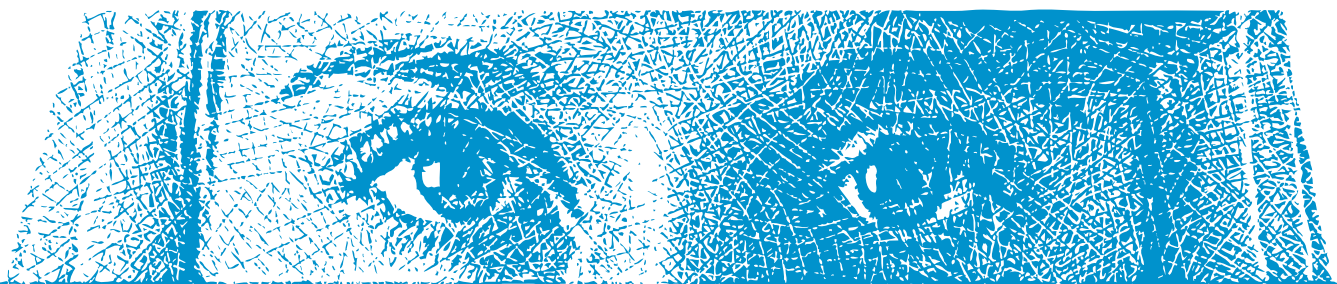
# You Are Not Alone. Your Wellbeing is Our Priority.

During times of crisis, it is more important than ever to take care of your mental health.

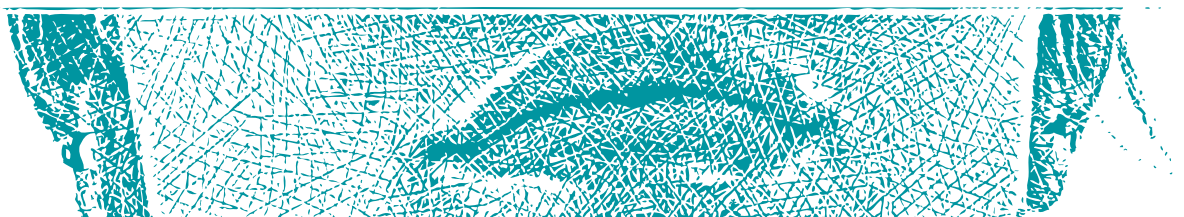
- **Take advantage of assistance programs – phone and video options are often available for counseling**



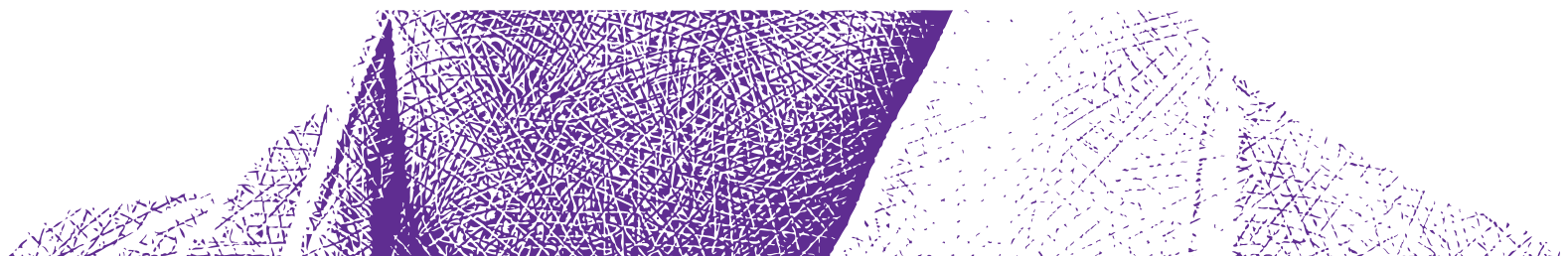
- **Contact your health insurance program for resources**



- **Participate in online substance use and mental health support groups, if needed**



- **Lean on your personal support groups – family, friends, co-workers, supervisors**



If you are not sure where to begin, or what is available, reach out to your Human Resources representative or supervisor. We know this is a stressful time, and we are here for you.

Visit [nsc.org/coronavirus](https://www.nsc.org/coronavirus) for more resources.



*Proud Member*