

# Confidential Counseling 24/7

Get support when everything  
feels like it's too much.



Negative and stressful thoughts caused by the COVID-19  
pandemic can make you feel alone. It helps to connect to others.



**It's OK to feel overwhelmed.**

**It's OK to be frustrated.**

**It's OK get help.**



The Be Well Crisis Helpline is a **confidential, secure and free**  
service available to all Hoosiers.

**Call 2-1-1 to speak with a trained counselor 24/7.**



[BeWellIndiana.org](https://www.BeWellIndiana.org)