

# Help for Healthcare Workers



# Free Confidential Counseling Services

A new service to support and assist frontline healthcare workers with behavioral health services is now available from the Saginaw County Community Mental Health Authority.

- ▶ Free, confidential counseling services are available to hospital employees, first responders, healthcare professionals and their immediate family members to provide help coping with additional stress and anxiety due to the COVID-19 pandemic.
- ▶ Professional counselors will provide primary care screening, assessment and monitoring of key health indicators. Immediate appointments are available and can be made by calling the **Saginaw Community Care HUB at 989-498-2266** between 8:30 a.m. and 4:30 p.m.



*Our frontline healthcare heroes and first responders are feeling the brunt of the stress and anxiety of caring for those infected with COVID-19. These fearless individuals are oftentimes the last to ask for help. They need to know we are here for them, and that they are not considered weak for seeking assistance during these trying times.*

SANDRA LINDSEY, SCCMHA CEO

- ▶ These services are available to those that need extra help coping during this extremely stressful time. There is no shame in talking, in person or virtually, with someone.

**Frontline workers and their families may call the Saginaw Community Care HUB at 989.498.2266 for an immediate appointment.**

Call **989.498.2266** for an Immediate Appointment

