

CEA Member Benefit HERO HOTLINE 888-217-HERO



Community Health Resources (CHR) is proud to introduce a new resource that provides immediate assistance to help you manage acute stress during the coronavirus crisis.

The HERO HOTLINE

- Is available to teachers, parents, and others who are struggling with stress or anxiety during the pandemic.
- Connects you with a CHR professional who is trained in the treatment of acute stress reaction and other conditions related to prolonged stress and anxiety. The call is free and provides an opportunity for confidential debriefing and coaching.
- Refers you to resources for ongoing care and support, including telehealth services available through CHR.

**You are not alone! Call 888-217-4376. We're here for you
Monday through Friday from 10 a.m. to 6 p.m.**



Community Health Resources (CHR) is the state's most comprehensive nonprofit behavioral healthcare agency and offers a range of services via telehealth. Learn more at www.chrhealth.org.