

We understand that taking care of yourself can be hard.

Everyone has times when they need emotional support. Even if you can handle what you are going through alone, you don't have to.



Lake County has many easy ways to get help.

- Locations for safe telehealth visits
- Grief support
- Harm reduction training

LiveWellLC.org/TakeCare



**Live Well
Lake County**

To connect with resources, call **211**