



THRIVING AFTER A PANDEMIC

***"Your mental
health matters."***

PREVENTION & OUTREACH

[TRILLIUMHEALTHRESOURCES.ORG](https://trilliumhealthresources.org)



Trillium
HEALTH RESOURCES



IF YOU ARE HAVING PROBLEMS WITH...

- ***Sleep routine***
- ***Loss of interest***
- ***Eating patterns***
- ***Increased use of alcohol or other drugs***
- ***Overall mood***
- ***Health and self-care routine***

CALL US 24/7 AND WE CAN HELP YOU FIND SUPPORT.

1-877-685-2415
