

# IS COVID-19 IMPACTING YOUR MENTAL HEALTH? (888) 460-4351



FEMA



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## Help is **FREE** and **CONFIDENTIAL** Serving 21 counties in Middle TN

The Tennessee Recovery Project provides FREE resource connection and emotional support to Tennessee residents impacted by COVID-19.

The COVID-19 helpline is answered Monday through Friday 8am-6pm and Saturday 8am-12pm and is available to anyone struggling with emotional stressors and/or are in need of community resources due to the pandemic.

### SERVING THE FOLLOWING COUNTIES:

Bedford, Cheatham, Coffee, Davidson, Dickson, Franklin, Giles, Hickman, Houston, Humphreys, Lawrence, Lewis, Lincoln, Marshall, Maury, Montgomery, Moore, Perry, Robertson, Stewart, Wayne



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