

# FEELING ANXIOUS? STRESSED OUT?

**WV'S EMOTIONAL  
STRENGTHLINE  
CAN HELP**

We're here to help. Our professional crisis counselors – trained to listen – will help you find the way forward using stress-management strategies, community resources, and more. **All for free.**

**CALL, TEXT,  
or CHAT today!**



**877 HELP 304**

WV'S EMOTIONAL STRENGTHLINE



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