You Are Not Alone.  
Your Wellbeing is Our Priority.

During times of crisis, it is more important than ever to take care of your mental health.

• Take advantage of assistance programs – phone and video options are often available for counseling

• Contact your health insurance program for resources

• Participate in online substance use and mental health support groups, if needed

• Lean on your personal support groups – family, friends, co-workers, supervisors

If you are not sure where to begin, or what is available, reach out to your Human Resources representative or supervisor. We know this is a stressful time, and we are here for you.

Visit nsc.org/coronavirus for more resources.