

**People working on the front lines of COVID-19
are experiencing unparalleled levels of stress.**



**We want to support all those who are
working hard to save lives.**

**That's why a group of mental health professionals have come
together to provide free support sessions to people in Minnesota
working in healthcare, essential personnel, and first responders.**

**They have volunteered their time to provide support
and a listening ear. Available seven days a week,
now through August 31, 9AM to 9PM**

**To reach an on-call volunteer,
visit www.fasttrackermn.org**



You're here for us. Let us be here for you.

*This service is provided through a partnership of the Minnesota Psychiatric Society,
the Minnesota Psychological Association, and Mental Health Minnesota.*