

free confidential,  
anonymous

MENTAL HEALTH SUPPORT

7 DAYS/WEEK, 9am-9pm NOW-AUGUST 31, 2020



**Many of us are experiencing unprecedented levels of stress.** Whether you're working in a hospital or a farm field, a teacher at home or a parent balancing work and children, responding to emergencies or cleaning and stocking shelves, **we're here for you.**

TO REACH AN ON-CALL, MENTAL HEALTH  
PROFESSIONAL VOLUNTEER, GO TO:

[www.fasttrackermn.org](http://www.fasttrackermn.org)



This service is provided by a group of mental health professionals, through a partnership of the Minnesota Psychiatric Society, the Minnesota Psychological Association, the Minnesota Association of Black Psychologists and Mental Health Minnesota.