HearYou.org

Be Heard. Feel Better.

CONFIDENTIAL & TIMELY ONLINE COUNSELING FOR SACRAMENTO COUNTY RESIDENTS

Sacramento County COVID-19 Collaborative is partnering with HearYou.org to provide secure video counseling for Sacramento County residents who have been affected by COVID-19.

Online counseling for you and your family at no cost!

Visit hearyou.org/saccollab to get started.

1) Get Started

Start finding the right counselor for you. No lengthy questionnaires or surveys. Share only what you're comfortable with.

2) Get Matched

Our Care Coordinators are passionate about connecting you with the HearYou.org counselor who's right for you.

3) Be Heard

Your counselor will meet with you online when it's best for your schedule. Secure video conferencing makes it easy & personal.

4) Feel Better

Increase self-care & coping strategies, improve stress management, relationships, anxiety/worry, low mood & get support through grief & loss.

Use your smartphone's camera & get started now!

SCAN ME

HearYou.org

Be Heard. Feel Better.

CONFIDENTIAL & TIMELY ONLINE COUNSELING FOR SACRAMENTO COUNTY RESIDENTS

Sacramento County COVID-19 Collaborative is partnering with HearYou.org to provide secure video support groups for Sacramento County frontline workers.

Online counseling for you and your family at no cost!

Visit bit.ly/saccollabsupport to get started.

Groups will cover tools & support for work stress & compassion fatigue including:

- -Self-care
- -Balance
- -Resiliency

Use your smartphone's camera & get started now!

SCAN ME

Supporting You as You Support Our Community