



Has our Flint Water Crisis Caused You Stress?

Sometimes when there is a challenge that faces us all, talking may help ease some of our stress.

Have you experienced any of the following:

- Lack of Sleep
- Trouble Concentrating
- Constant Worry

We are here for you.

To talk to a Mental Health Professional (at no charge)

- **Call us at 810-257-3705** *Monday—Friday 8-5*
- **Come see us at**
 - **Community Action Neighborhood Safe House**
643 W. Austin Blvd. Flint, 48505
Tuesdays 9-12 and 1-3
 - **Christ Enrichment Center**
322 E. Hamilton Ave. Flint, 48505
Fridays 9-2

