



JOB SEARCH GETTING YOU DOWN?

Crisis Support Services offer

FREE DROP-IN STRESS COUNSELING

Are you finding it more difficult to cope with the challenges in your life? Are you feeling irritable, angry, discouraged, or depressed about your job search?

Crisis Support Services can help!

Meet with one of our drop in stress counselors and learn to better manage your job search and the stress associated with being out of work.

Sign-up at

All drop-in sessions are confidential. Exceptions to confidentiality include: suspected abuse of a child, older or dependent adult; intention to seriously harm oneself or someone else; issuance of a court order.

Immediate and quality support is available to you right now, in the middle of the night, or whenever. All you have to do is call our toll-free Crisis Line Number and someone will be there to help.

24-HOUR CRISIS LINE

1-800-309-2131

Auxiliary aids and services are available upon request to individuals with disabilities. For TDD services, please call: 1-800-735-2922