If you’re feeling stressed or depressed, talk to your healthcare provider to get the help you need.

Key Points:

1. Many people have had a hard time during the COVID-19 pandemic and feel depressed or anxious.

2. Counseling and mental health care help you to learn to process your emotions in a healthy way, so you feel better.

3. Many clinics have information about how to find a mental health professional, and about resources to help you pay.

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I know. I always worry about losing my job. How would we feed the kids?

Talking to a counselor helps you work through your emotions.

Definitely, I worry about taking care of our family and losing the people we love!

Talking to a counselor helps you work through your emotions.

My friend Alma, from work, lost her parents.

It doesn’t make the problem go away, but you learn to manage.

Now she is sad and distracted all the time.

Luis, I am thinking of going to counseling for myself. I just can’t stop being worried and anxious.

I told her to go to the clinic to ask about mental health care.

There are some programs that offer help with payment.

Mental health care? Like counseling? But isn’t that for people who are...unstable?

I don’t know... how would we pay for it? We are struggling just to pay our bills.

No, counseling is for everyone! We all need support from time to time.

I don’t know... how would we pay for it? We are struggling just to pay our bills.

But how can counseling fix anything? It’s just a lot of talk.

I told her to go to the clinic to ask about mental health care.

I don’t know... how would we pay for it? We are struggling just to pay our bills.

I know. I always worry about losing my job. How would we feed the kids?

I don’t know... how would we pay for it? We are struggling just to pay our bills.

I guess that’s a good idea. I don’t want you to worry anymore, Ana.

I will always worry a little, I’m a mom!

I am thinking of going to counseling for myself. I just can’t stop being worried and anxious.

Luis, I am thinking of going to counseling for myself. I just can’t stop being worried and anxious.

Mental health care? Like counseling? But isn’t that for people who are...unstable?

I will always worry a little, I’m a mom!

I know. I always worry about losing my job. How would we feed the kids?

I guess that’s a good idea. I don’t want you to worry anymore, Ana.

...but maybe I can learn to better manage my worries.