

HERO HOTLINE: 888-217-HERO



CHR is proud to introduce a new resource to provide immediate assistance to help you manage acute stress during the coronavirus crisis.

The HERO HOTLINE is specially designed for:

- Frontline heroes: healthcare providers, first responders, grocery store employees, delivery providers and other essential employees
- Family-members and friends of front line employees who are worried about their health and safety
- Anyone who has lost a loved-one during this crisis
- Anyone who is struggling now. We are all in this together and are all heroes as we help each other during this difficult time.

The HERO HOTLINE will:

- Connect you with a CHR professional who is trained in the treatment of Acute Stress Reaction and other conditions related to prolonged stress and anxiety. The call is free and provides an opportunity for confidential debriefing and coaching.
- Refer you to resources for ongoing care and support, including telehealth services available through CHR.

You are not alone! Call today for help. We're here 7 days a week from 10 a.m. to 8 p.m.



REAL LIFE. REAL HOPE.



Community Health Resources (CHR) is the state's most comprehensive, nonprofit behavioral health-care agency and offers a range of services via telehealth. Learn more at www.chrhealth.org.