



Is your community in crisis?

Emotional support line available. **833.848.1762**

When something bad happens close to home, it can bring up a range of emotions: anger, guilt, anguish, or even hopelessness.

Community support is being offered at no cost through a partnership between Florida Blue and New Directions. You can call a free crisis line at **833-848-1762** to connect with a trained, caring professional.

Whatever you're feeling, it's OK.

Remember that everyone is different and will process a tragedy in their own way.

- Each person has different needs and ways of coping.
- It's normal to worry about your own safety and of those you love.
- Profound sadness, grief and anger are common reactions to a crisis.
- Recognizing your feelings can help you process the event and recover from it.
- Focusing on strengths and abilities of yourself and others can help with healing.
- It's healthy to accept help from community programs and resources.

If you need to talk to someone, we're here.

Call New Directions – day or night – at **833-848-1762**. We have caring professionals trained to listen and offer support specific to what you're going through. It's free regardless of whether you have insurance and will be available as long as you need.



Call our free crisis line anytime.
833.848.1762 | ndbh.com

These services are provided by New Directions Behavioral Health and are open to anyone seeking support in this difficult time. Florida Blue is an independent licensee of the Blue Cross and Blue Shield Association. Florida Blue contracts with New Directions Behavioral Health to provide behavioral health services.