



Managing Post-Covid Stress

The worst may be behind us, but for many of you who have been on the frontlines of America's response to COVID-19, post-pandemic life has been stressful in other ways. We at FHE Health want you to know that we remain dedicated to supporting you and your family as a trusted mental health resource.

As you continue to navigate "post-COVID" life, we encourage you to be mindful of new symptoms or behaviors that may be interfering with daily life. Many of you worked long hours during the pandemic or dealt with traumatic experiences. In the aftermath of chronic and traumatic stress, it is not uncommon for mental and physical symptoms to take some time to emerge. (Experts have even used the term "post-pandemic stress disorder" to describe the mental health toll that can occur from continuous exposure to emotional and psychological stress during COVID.)

If you are experiencing anxiety or depression or are using drugs or alcohol to cope with stress, please seek immediate assistance. For more self-care tips from one of our experts for how to adjust to post-pandemic life, we invite you to check out our blog:
<https://fherehab.com/news/manage-stress-after-covid>.

Your safety and mental health are our top priority, and we are here to assist you in any way we can. Never feel ashamed to reach out. At FHE Health, we count it a privilege to be able to serve you—it's our way of saying "thank you" for your heroic service. Our dedicated counselors are available to take your call any time, day or night, and every call is governed by strict confidentiality rules.

If I can be of assistance, please do not hesitate to contact me directly at (267) 249-0513

Sincerely,
Janet Gerhard

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