



CENTERSTONE

# Changing Lives Together

## *CareLine*

It's common to feel stressed or anxious during these challenging times. Many people are experiencing increased levels of stress, fear and anxiety. The need for social distancing makes it harder to access our normal social supports.

Being in contact with people who can relate to your experiences is comforting. Centerstone's *CareLine* can help you learn about coping skills, find resources, and feel supported.

If you or someone you know needs to talk, the team at Centerstone is available to help.

**Free and Confidential**

***24/7 CareLine***

**941-782-4300**

**#CstoneNeverQuits**