



Town of Monroe: Responding to COVID-19 How to cope in uncertain and stressful times.

Feeling stressed, anxious, isolated, confused, or having difficulty concentrating? As information about COVID-19 unfolds, there can be a wide range of worries, questions, and emotions. To help with managing these reactions, Jessica Champagne, LCSW, Social Worker with the Town of Monroe and Monroe Public Schools, can provide support through the Town's free **telehealth** service, providing resources by phone!

To schedule your appointment with Jessica Champagne, please call
(203)-913-6955
Monday-Friday from 8:30am-5:00pm

If you are in need of immediate emotional support, please call 211 to be connected to a crisis clinician. If this is an emergency, please call 911!