



# We are here for you and your family

We are all trying to balance different challenges right now.

The **Nevada Resilience Project** supports families and individuals experiencing struggles and challenges due to COVID - 19. Our **Resilience Ambassadors** provide education, information, counseling, and resource navigation while promoting healthy coping, empowerment, and resilience. It's normal to be experiencing difficulty with adapting to the new challenges of managing work, school, family, or home due to COVID-19, feeling isolated or anxious, or worried about meeting basic needs like having enough food or access to healthcare.

In this challenging time, you are not alone. Our Resilience Ambassadors can provide support and connection to resources over the phone, through text and video-chat, or face to face.



Bi-lingual access to services



Assistance navigating to needed resources in your community



Help to reduce stress, build coping skills, and develop a resilience plan



Services are free and confidential

Email the Nevada Resilience Project for more information or to speak with an Ambassador:  
[dpbhnrp@health.nv.gov](mailto:dpbhnrp@health.nv.gov)

Local Nevada CAN Resilience Ambassador - Marina Hedwall

(775) 431-7083 / [mhedwall@health.nv.gov](mailto:mhedwall@health.nv.gov)

**For immediate help, please contact  
Crisis Support Services of Nevada**

Call: 1 (800) 273-8255 Text: CARE to 839863

NEVADA  
**resilience  
project**