



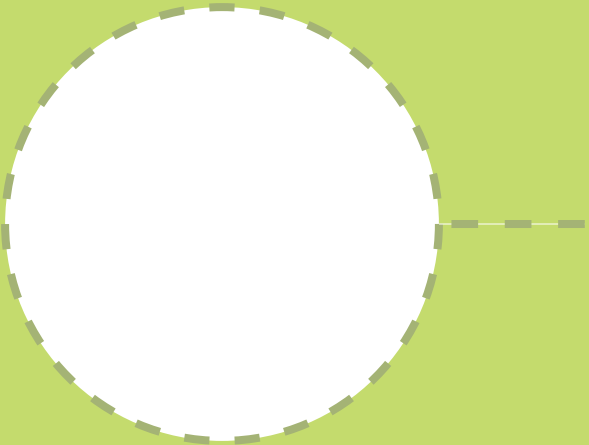
HELLO
Oklahoma
WE'RE HERE
FOR YOU.

XXX-XXX-XXXX | CCBHC Address



*CCBHC Logo
Goes Here*

ALL-OK



**ARE YOU EXPERIENCING
ANY OF THE FOLLOWING
SIGNS OF STRESS?**

- Difficulty falling or staying asleep or having nightmares
- Low energy or difficulty concentrating
- Irritability, outbursts of anger
- Crying or feeling sad
- Excessive drinking or drug use
- Feeling nervous or “on edge”
- Constant worrying
- Incapacitating guilt and self-doubt
- Sudden painful emotions
- Feelings apathetic or numb or withdrawing from others

**MOVE FORWARD AGAIN
WITH HELP FROM US.**