

IT'S

OK



WE ARE ALL NAVIGATING  
THE UNCERTAINTY OF TODAY'S  
SITUATIONS TOGETHER.

WE GET THAT IT IS STRESSFUL FOR  
YOU AND YOUR FAMILY.



TO BE  
SAD

TO BE  
SCARED



TO BE  
WORRIED



ARE YOU EXPERIENCING THESE  
FEELINGS MORE OFTEN THAN USUAL?

IT'S OK **NOT** TO BE OK

AND  
IT'S **OK** TO  
TALK  
ABOUT IT



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