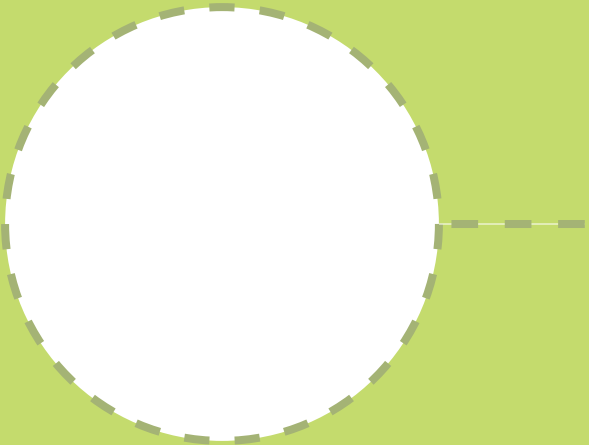




**HELLO**  
*Oklahoma*  
**WE'RE HERE  
FOR YOU.**

CCBHC Address | XXX-XXX-XXXX

**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.**