



Social Worker Newsletter



Volume 2, Theme: Support

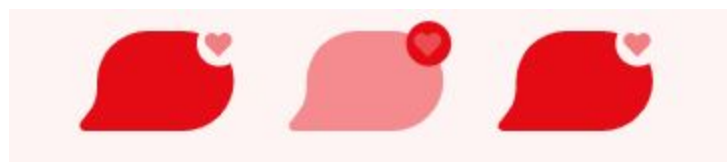
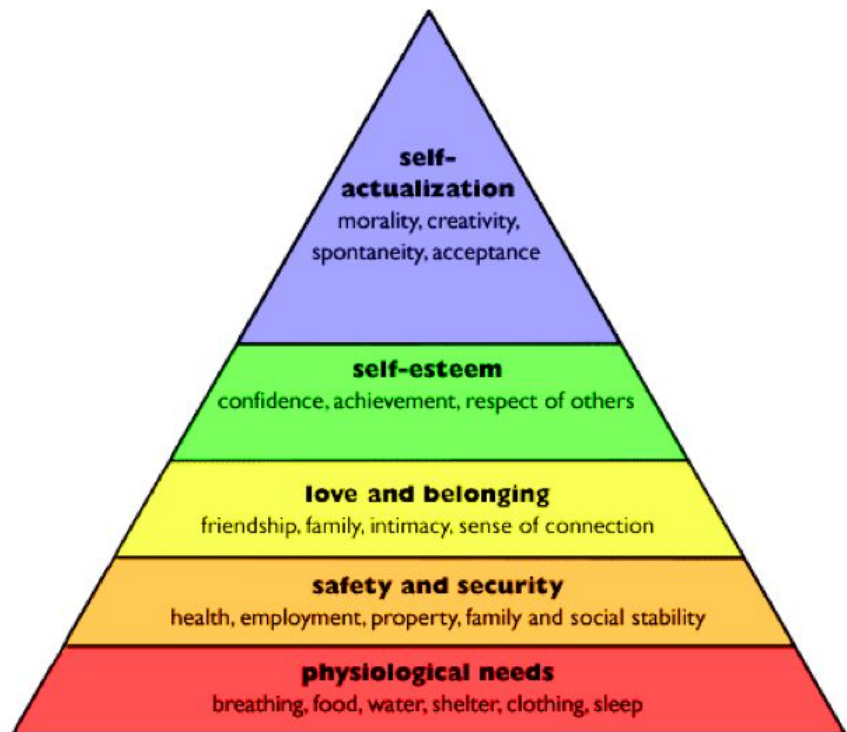
Maslow's Hierarchy of Needs

Start at the bottom and determine if your needs are getting met at that level. If they are, then move up and ask yourself the same question. Consider this for yourself, each member of your family, your friends, and your neighbors. If you or someone you know is having difficulty getting their basic needs met, please reach out to your social worker.

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In a crisis?

Text HOME to 741741

to connect with a Crisis Counselor

Free 24/7 support at your fingertips

Text HOME to **741741** from anywhere in the United States, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.