

Maintaining Connections

Be sure that you are not distancing yourself from your supports all together during this time.

People want to be there for you.

Through the use of technology and social distancing measures, make sure that you...

- 1.) Continue to speak with your therapist and medical doctors at scheduled times.**
- 2.) Stay connected with all of your community supports.**
- 3.) Join an online meeting or conference call support group.**
- 4.) Reach out to family and friends regularly.**
- 5.) Don't avoid phone calls from people who are checking in with you. You are not alone.**

Fellowship Places is here for you.