

My Covid-19 Story On Mental Wellness: Staying Active

A PHOTOVOICE PROJECT

Physical activity forced me to leave the house and helped to manage symptoms of depression.

I read to deal with anxious thoughts and educate myself about what it means to heal. I learned that I do not have to suffer alone and there is help.

I learned that contentment could be found again in everyday activities and that I was worth all the time spent on getting well.

YOU ARE NOT ALONE
**Suicide &
Crisis Hotline**
Call 988

This poster was created in collaboration with Migrant Clinicians Network, Promotores Outreach Program, and the CDC Foundation.