



American Red Cross

Services Brief

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American Red Cross

Information and Referral

24/7/365

HERO CARE APP

Download the
free app or text
"GetHeroCare"
to 90999

#HeroCareNetwork



Resiliency

Virtual Stress Management Workshop



Small
Interactive
Groups

Available for
Military,
Veterans &
their Families

Managing the stress of

- **Isolation**
- **Multitasking**
- **Working from home**
- **Supporting children**
- **Managing health**
- **Caring for family members**
- **Career interruptions**

Learn Relaxation Exercises

Eventbrite

Search: American Red Cross

Resiliency Workshops



**American
Red Cross**

Resiliency

Mental Health First Aid

- Available for anyone impacted by COVID-19
- Build resiliency & learn how to support others
- Recognize Stress in Adults, Teens and Children
 - Practice Mental Health First Aid

Online, On Demand, Free
Certificate issued

<https://www.redcross.org/take-a-class/classes/mental-health-first-aid-for-covid-19-online/a6R300000014ZIG.html>



Preparedness

- Hurricane season is here!
- Prepare in 3 Steps:
 - Get a Kit
 - Make a Plan
 - Stay Informed
- Red Cross Free Apps:
 - Emergency, text: "GETEMERGENCY" to 90999
 - Monster Guard – for kids ages 7-11 - text: "MONSTER" to 90999

