

# Backing Our Frontline



## Supporting our essential workers

As the school year quickly approaches, school staff are now on the frontline of the Covid-19 pandemic. Whether your district opts for in-person, remote, or hybrid learning, you may notice increased symptoms of depression, anxiety, insomnia, and distress.

### Program overview

Through a grant from the Delaware-Morrow Mental Health and Recovery Services Board, Syntero is offering 4-6 **confidential**, virtual counseling sessions **free of charge** for all frontline workers living or working in Delaware and Morrow County.

### How can we help?

Our goal is to assist in verbalizing and processing the impact this work is having on you as well as identifying and developing coping strategies and self-care techniques to manage the stressors you may be experiencing

### Who is eligible for this program?

As a frontline worker, you're our community's greatest support during the Covid-19 pandemic. We strive to support **all** school staff that may be experiencing an increase in stress during this time. This includes all volunteers, substitutes, support staff, etc.

### Schedule an appointment today!

Contact us at **614-889-5722 ext.133** or **[info@syntero.org](mailto:info@syntero.org)**. Confidential sessions will be conducted via telephone or video based on individual preference. Mention that you are interested in participating in the "Backing our Frontline" program

## Thank you for your service, now let US support YOU!