



## Resources for Living®

### Be heard

Sometimes you just need to talk – and be heard. That's why you and your family can access a free online listening support service.

7 Cups is available at no cost through Resources For Living from October 1, 2020 – December 31, 2020 to provide additional support during these challenging times. Sign up to get individual support or join moderated group chats about topics including:

- COVID-19
- Caregiving
- Relationship issues
- Parenting
- Loneliness
- Substance misuse and more

Specially trained volunteer listeners are available around the clock, seven days a week, to engage in online chats and offer support. Their non-judgmental listening may also help you find new ways to manage your wellbeing.

You and your family members can use 7 Cups any time. Simply use the link and password on your member website.

**Give 7 Cups a try today. Simply click the link on your member website's home page.**

**It's free and confidential for you and your family to use.**

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