A PHOTOVOICE PROJECT

So many days I felt lost and alone.
I needed constant reminders that my life has a purpose. What a miracle it is for the human to survive devastating hardships and still wake up to face another day!

MY COVID-19 STORY
On Mental Wellness:
Managing PTSD
A PHOTOVOICE PROJECT

So many days I spent in mental anguish.
This pain blocked my ability to understand that I could in fact enjoy living and experience peace.

So many days I felt trapped.
With faith and the help from others, I am learning to manage the feelings that arise with intrusive thoughts of the past in order to be present.

You are not alone
National Suicide and Crisis Hotline
Call 988
Domestic Violence Hotline
800-799-7233

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