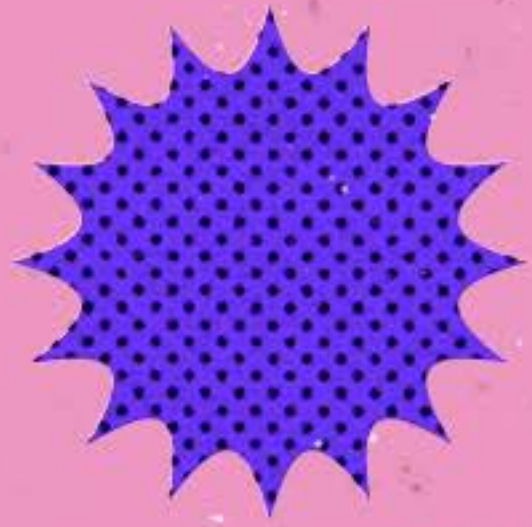




World Health
Organization



**During humanitarian crises
and health emergencies,**



nearly everyone



experiences distress and social disruption.



**Finding ways to cope and support
your mental health is vital.**



Remember, you are not alone.

