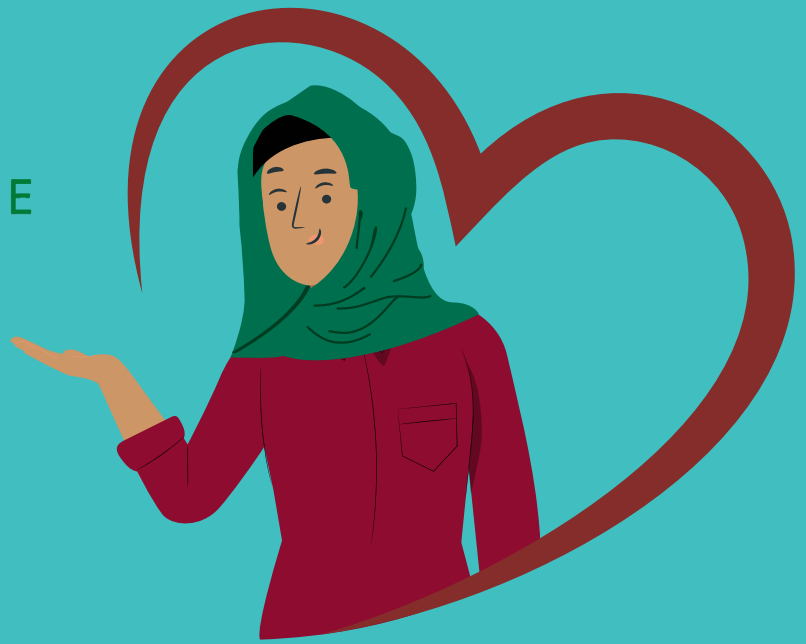


**WHA**  
**WELLNESSHELPLINE**  
**FOR AFGHANS**



**24/7**



**800-615-6514**

**The Wellness Helpline for Afghans offers counseling services to newcomers who are experiencing sadness, anger, anxiety, fear, depression, difficulty sleeping, or any other distress.**

**---Free---**



**Your wellness is  
our top priority.**



This helpline is funded entirely by the Office of Refugee Resettlement, ACF