

You may be asking "Does what I do make a difference?"

YOU DO MATTER



Supporting the Front Line

Throughout the Covid-19 pandemic, you - our front line workers - have faced unprecedented stress, trauma, and burnout.



Reach out to a coworker, look them in the eye, and let them know that they matter, and what they're doing matters. Call out something special that you've observed.

Open your camera app and point it at the QR code below to visit our website - which includes free short activities that you can do on your own or with others, audio, and videos.

Thank you for what you do.

