

Trinidad and Tobago Red Cross Society

Transforming in the New Normal.

“Healthy Minds...Healthy Me.”

**Akeisha Benjamin
Programme Officer**

Psychosocial and Health Support Hotline

EVERYBODY NEEDS SOMEBODY.



CALL TOLL FREE AT 866-TTRC (8872)
WHATSAPP US AT 349-1034

POWERED BY:
Digicel



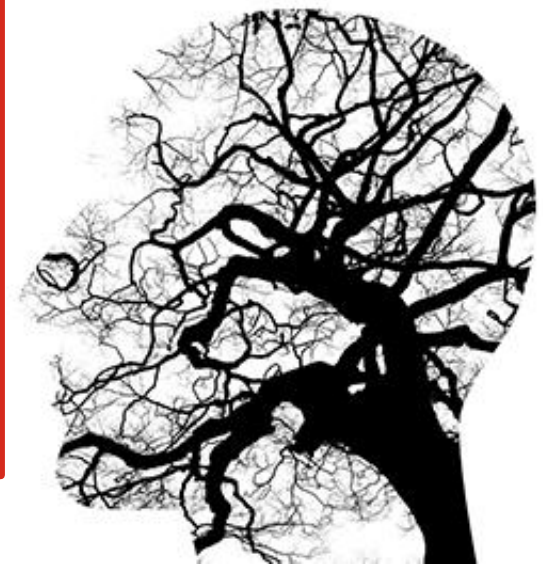
PHYSICALLY DISTANT



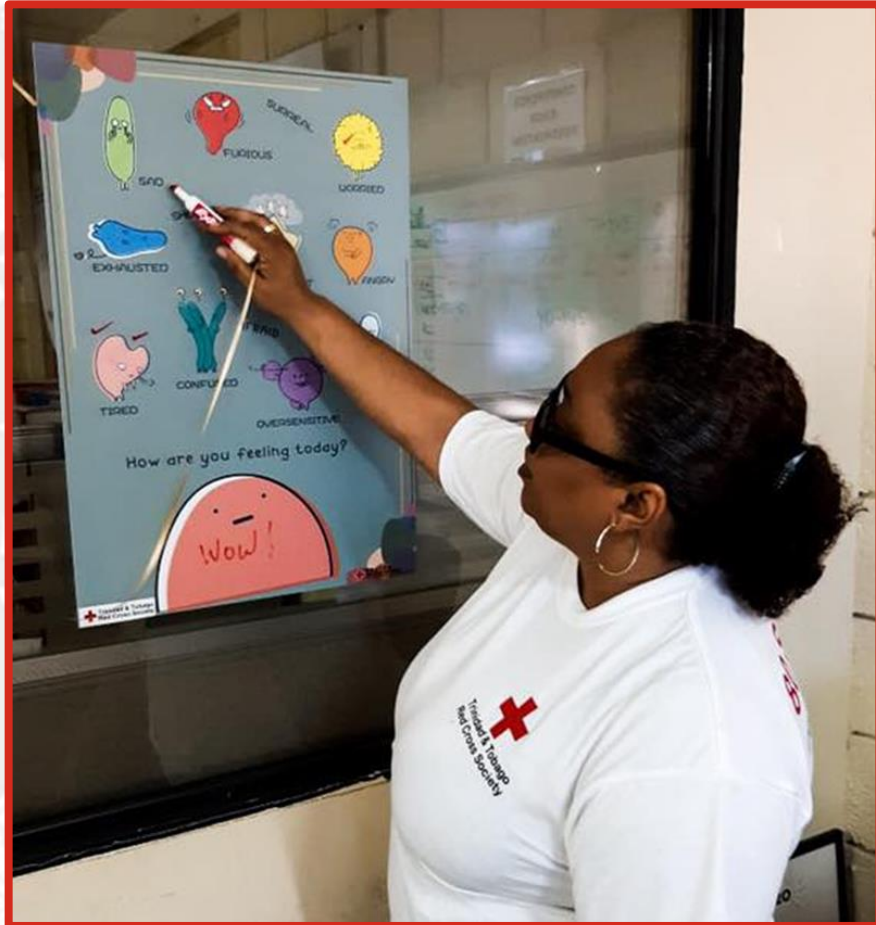
SOCIALLY CLOSE

CALL TOLL FREE AT 866-TTRC (8872) WHATSAPP US AT 349-1034

POWERED BY:
Digicel



Health and Wellness



Personal Wellness Kits



Adult Coping Kit



Activity Kits for Children



Items Include:

- Colour pencils
- Colouring book
- Activity Book
- Legos
- Build A Bear



TTRCS Volunteer Bear Line



Thank You!!!



Contact Info: Akeisha Benjamin
email: akeisha.benjamin@ttrcs.org
Whatsapp: 1-868-355-7661

