



# 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  
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!



*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.



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

**YOU ARE NOT ALONE**  
National Suicide and Crisis Hotline  
Call 988  
Domestic Violence Hotline  
800-799-7233