## Meet Your Community Health Worker Team

Your trusted wellness advocate in Howard County



## What is a Community Health Worker (CHW)?



A frontline public health worker who is a trusted community member, dedicated to bridging the gap between you and healthcare and social services. Acting as a liaison, offering outreach, education, connection to services, social support, and advocacy.

## How can a CHW help you?



- Assist in accessing local resources, such as food, transportation, housing, healthcare, health education programs, and mental health.
- Provide support on referrals, health education, and emotional support.
- Teach healthy behaviors, increasing health knowledge, acting as your community advocate.

"Helping hands, connecting you to resources, support, and care"







