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Resources for more
information:
nimh.nih.gov
nami.org
caregiving.org

Project Healthy Living is a
group dedicated to the
betterment of Lake area
communities.
Our membership is made up of
community members, individuals
from businesses and
organizations in Camden and
Miller counties

Project Healthy Living
always welcomes new members
interested in improving the
health of the community.

Low cost Transportation
to appointments
OATS
Tri County Transit-
573-346-9986
needs 3 day advance
notice

Feeling a little GLUM or
Anxious?



These feelings can
affect our emotions and
well being.

There is HOPE!

Project Healthy Living, a
lake area non-profit, has
reached out to local and
internet based agencies
to compile a list of
licensed professional
counselors that may be
helpful.

Please call the

**Camden County Health
Department-**
(573)346-5479

or

**Miller County Health
Department-**
(573)369-2359
for the meeting location

Self Help Techniques

1. Get appropriate sleep
2. Eat healthy balanced meals
3. Avoid excess caffeine, alcohol and illicit drug use
4. Be physically active
5. Stay connected to family and friends
6. Take time to do the things you enjoy now.

Feeling anxious now?

Take a deep breath, release air slowly 5 times

Focus on things around you-

1. 5 things you can see
2. 4 you can touch
3. 3 you can hear
4. 2 you can smell
5. 1 you can taste

In addition to Self Help, there are trained counselors that can help.

More than half of

Americans seek help for emotional challenges in their lifetime and 1 in 5 in a given year.

Lake Area Counseling Services

Compass Health Network-

Camdenton, Eldon, Osage Beach; 844-853-8937

Burrell Behavioral Health-

Versailles-573-378-6222;

Central Ozarks Medical Center

Camdenton--573-346-4446

Lake Ozark-573-302-7490; Richland-573-765-5131; Laurie-new location

Mental Wellness -

Osage Beach 573-302-7241

Beacon of Hope Counseling

Lake Ozark -573-286-7262

Lake Behavioral Health

Osage Beach-573-693-9090

Healing Connections-

Laurie-573-207-4901

All of the above clinics have *LPCs and other qualified staff, offer telehealth, accept insurance and have a sliding scale plan.

* LPCs have a Masters degree, take a comprehensive test and then have 3000 hours of supervised counseling.

Two reliable internet sites that offer telehealth are:

Betterhelp.com
Faithfulcounseling.com

Hotlines

24 hour Crisis Line
888-237-4567

**National Suicide
Prevention Lifeline(24/7)**
800-273-8255

Crisis Text Line
Text Hello to 741741

LGBTQ Crisis Line
866-488-7386

**Health Crisis and Law
Enforcement**
911

Poison Control
800-366-8888