

## 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