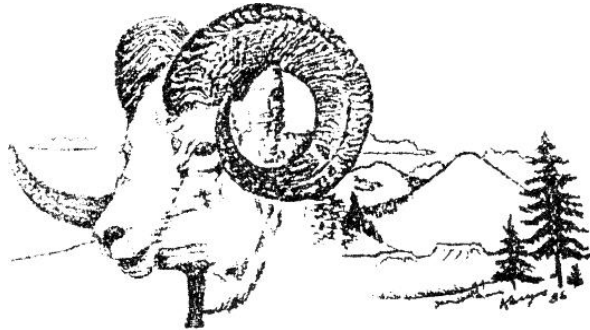


# **BIG HORN BASIN COUNSELING SERVICES PEOPLE HELPING PEOPLE**

PO BOX 351  
GREYBULL, WY 82426  
116 SOUTH 3<sup>RD</sup> STREET  
BASIN, WY 82410  
PHONE: 568-2020  
FAX: 568-2503



1114 LANE 12  
LOVELL, WY 82431  
PHONE: 548-6543  
FAX: 548-6565

We, the staff members of Big Horn Basin Counseling stand ready to provide assistance to those in our communities who may be affected by our current health crisis. We are open to providing counseling services via telephone and are working on adding telehealth services as quickly as we can. We have coordinated with other centers in our region to continue to provide services while keeping the health and safety of our clients and staff in consideration.

If you would like to speak to a counselor, call our Lovell (307) 548-6543 and Basin (307) 568-2020 offices. Understand that we may be experiencing high call volume, so leave a message and we will get back to you as soon as we can.

After hours you can reach our On Call Therapist, 24 hrs a day for emergency services at 1-800-311-4124

There are things we can all do for each other during this time. Stay connected to family members and friends through phone calls or social media. It is important to remember those individuals in our community who may already feel isolated. We can all be good neighbors by checking in with some of our neighbors and friends, especially our elderly community members, who would appreciate a call to check in on them. Sometimes all it takes is knowing someone cares that prevents someone from escalating into a crisis.

Take care of your mental health while in social isolation and remember to keep an eye out for signs of increased mental distress:

- ✚ Increased worry and fears of your health or the health of others that disrupts your day
- ✚ Changes in your sleep and eating habits
- ✚ Difficulty concentrating
- ✚ Worsening of chronic health problems
- ✚ Increased use of alcohol, tobacco or other drugs