



# Mason County Public Health COVID-19 Information Release

April 17, 2020

12:30 PM

Information Hotline: 360-427-9670 ext.599

Email: [Mason\\_PIO@co.mason.wa.us](mailto:Mason_PIO@co.mason.wa.us)

Facebook: [MasonCountyWAHazard](https://www.facebook.com/MasonCountyWAHazard)

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## **Mental Health 24/7 Crisis Resource**

During this difficult time, not only is it important to take precautions and know of resources to maintain one's physical health, but it is also important to prioritize one's mental health. If you find yourself struggling and are in need of support and resources, please reach out! Quarantine, isolation and the potential repercussions of both; loneliness, anxiety, hopelessness and depression can end up resulting in a potential crisis. If you find yourself experiencing feelings and/or emotions that you need help in navigating, there are resources in Mason County that are available to help!

### **24/7 Crisis Resource:**

- The Crisis Clinic of Thurston and Mason Counties  
360-586-2800, Seven days a week, 24hrs a day  
<http://www.crisis-clinic.org/>

### **Addition Mason County Mental Health Resources:**

- Behavioral Health Resources (BHR) Shelton  
360-586-2800  
<http://www.bhr.org/>
- Consejo Counseling and Referral Services  
360-763-5610, Mon.-Fri., 8:00am-5:00pm  
<https://consejonew.consejocounseling.org/locations/>
- Peninsula Community Health Services  
360-377-3776  
Belfair:  
Mon.-Fri., 7:30am-6:00pm  
<https://www.pchsweb.org/locations/belfair-medical-clinic/>  
Shelton:  
Mon.-Fri., 8:00am-5:00pm  
<https://www.pchsweb.org/locations/franklin-street-clinic/>

For a comprehensive list of resources beyond crisis, please visit <http://healthymasoncounty.com/> or call Mason County Public Health 360-427-9670 ext. 400 for more information.

For up to date Mason County COVID-19 news visit <https://www.co.mason.wa.us/COVID-19/index.php>