

## Stressed and Overwhelmed with Covid-19? We now have a CONFIDENTIAL support line to help you! **979-234-5571 (option 1)**

Golden Plains Community Hospital in cooperation with Rice Medical Center-Lighthouse has established a support line to help. We realize that many in our community are becoming overwhelmed with stress, worry, and fear. In an effort to help the community cope and endure these emotionally challenging times, the Lighthouse has a new support line. If you or someone you know is overwhelmed and struggling to cope due to feelings of loneliness, stress, nervousness, or sadness related to the Covid-19 pandemic, you are not alone! Golden Plains Community Hospital in cooperation with Rice Medical Center and Lighthouse are here for you. If you wish to talk to one of our support staff, please call **979-234-5571 (option 1)**, our staff are ready and happy to listen.

Please note the following limitations:

- Unable to provide medical or health information we advise you to refer to a healthcare provider, or call 911 in an emergency.
- Unable to provide mental health or counseling. The support line can only address matters related to stress, nervousness, sadness, and significant feelings of loneliness.
- Mental health counseling can be arranged with one of our licensed therapist through telemedicine if needed.
- Hours of Operation Monday -Thursday 9:00 AM to 5:00 PM, Friday 9:00 AM-11:00 AM.

Our lines are open and our staff is ready to support you! We can and will get through these times together. You are not alone; we are here for you!