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.us/COVID-19/index.php