



**Lac Courte Oreilles
Community Health Center
Comprehensive Community Services
The Bizhiki Wellness Center
13447 W County Road B Hayward, Wisconsin 54843-2186**

Taking care of your Mental “and” Physical Health

The outbreak of COVID-19 can be overwhelming for everyone. Now more than ever we must take care of our mental and physical health. The Bizhiki Wellness Center encourages everyone to check on family members, friends, and others in the Lac Courte Oreilles region. We need to assure each one of us are receiving everything that they need to avoid additional stressors. Below is a list of resources for anyone that may need assistance dealing with stress or any other concerns and needs.

The Center for Disease Control and Prevention (CDC) has a wealth of information on coping with COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Local Resources

Emergency, if you need medical attention: 911

Sawyer County Crisis line: 1-866-317-9362

National Suicide Prevention Lifeline: 988

LCO Clinic Medication Assistance Treatment (MAT): 1-715-638-5102

Lac Courte Oreilles Community Health Center 8:00 AM to 4:30 PM: 1-715-638-5102

Bizhiki Wellness Center for behavioral health (mental health and substance abuse) and Comprehensive Community Services 8:00 AM to 4:30 PM: 1-715-699-1916 or 1-715-638-5102

Mental Health Crisis Hotline 24 hours: 1-888-299-1188 or text HELP to 741741

Alcoholic Anonymous (AA) District 12 AA Meeting Schedule Helpline: 1-715-934-3351

Wisconsin Addiction Recovery Helpline: 1-833-944-4676 or 211

Wisconsin Coalition Against Domestic Violence: 1-608-255-0539

Youth Hotline: 1-800-621-4000

LCO Women’s Emergency Shelter: 1-715-624-4012