

Caring Hearts Professional Counseling Services, LLC



COVID-19 (CORONAVIRUS) RESPONSE

In a vigilant effort to protect you, our staff, and our community from the coronavirus pandemic, we are implementing social distancing procedures in how we are conducting our services. Our professional services are still being offered; however, clients will be contacted via telephone to set up appointed times either via video teleconference or designated time and place.

APPOINTMENTS/SESSIONS:

- If you are a new client needing an appointment, please call (918) 878-7937
- Current clients, please call (918) 878-7937 or your Counselor directly to make arrangements to schedule your appointment by phone.
- Walk-in access to care is suspended, new clients should call for an appointment.
- All Group Sessions are suspended, effective immediately until further notice.
- Limited family members will be allowed in the office
- Every person entering the office will be subject to have their temperature checked. Anyone with a fever will not be allowed into the office and will be advised to seek medical attention immediately.
- Persons entering the office may be asked to wash their hands and or use the Hand Sanitizer provided and wear a face mask.

If you have any questions, please contact us at:

9125 South Sheridan, Suite 108, Tulsa, OK 74133

Call Us: 918-878-7937 | Fax: 918-895-6254

24 Crisis Line: (918) 409-9763

Email: Lily.Williams@caringheartspcs.com

We know that this situation can change quickly, and we are closely monitoring the situation. If there are new developments or recommendations, we will take action and/or precautionary measures. We will keep you updated if changes occur to our services or at our facilities.

Oklahoma State Department Of Health Covid-19

[877-215-8336](tel:877-215-8336)

<https://www.ok.gov/odmhsas/>

Tulsa Health Department

918-582-9355

<https://www.tulsa-health.org/COVID19>

Thank you and Stay Safe

Lily V. Williams

Owner and Director

COVID-19 (CORONAVIRUS)

Know the Facts

- You can help stop COVID-19 by knowing the signs and symptoms:
- Fever
- Cough
- Shortness of breath
- Seek medical advice if you Develop symptoms
- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with the ongoing spread of COVID-19.

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Resources from WHO/ CDC/NCTSN/ODMH:

- [Coronavirus Disease Updates](#)– CDC (Centers for Disease Control and Prevention)
- [Steps to Prevent Illness](#) – CDC
- [Coronavirus Disease \(COVID-19\) Technical Guidance](#)– WHO (World Health Organization)
- [Coping with Stress During 2019-nCOV Outbreak](#), WHO PDF flyer
- [Helping Children Cope with Stress During 2019-nCOV Outbreak](#), WHO PDF Flyer
- [Mental Health and Coping – CDC website](#)
- [National Child Traumatic Stress Network: Helping Families Cope with COVID](#) – NCTSN website
- [Oklahoma State Department of Health COVID-19 Resources](#) – ODMHSAS website