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## **WALK-IN COUNSELING CENTER: THE BASICS DURING THE CORONAVIRUS PANDEMIC**

**ANYONE** can use Walk-In: clients of other organizations, other service providers, people in the community. Asking for help can be the healthiest thing you do!

All “walk-in” clinics will now be online or by phone via Zoom.

**BY PHONE:** Find a quiet place. Phoning while driving is dangerous. Please don’t!

There are six Zoom phone numbers. Our website has an “easy click” option, but the numbers are also listed below\*. When prompted by Zoom, enter the Meeting ID: 458-270-804.

**BY COMPUTER:** To join by computer during our clinic hours go to: [zoom.us/j/458270804](https://zoom.us/j/458270804)

Open Zoom on the dropdown list, and press “Join a Meeting”  
Please turn your computer camera to “On”

**COUNSELING CLINIC HOURS:** The clinics are OPEN at the following times:

**Monday: 1-3 PM 5-8:30 PM**

**Tuesday: 6-8:30 PM**

**Wednesday: 1-3 PM 5-8:30 PM**

**Thursday: 6:30-8:30 PM**

**Friday: 1-3 PM**

**HOURS:** Please call or log in to Zoom *only* during clinic hours. You will talk with the clinic receptionist who will connect you with a counselor ASAP. Please be patient.

### **SERVICES TO SPANISH AND HMONG SPEAKERS**

**We continue to serve Spanish and Hmong speakers:** The client can call our main number (612-870-0565), x 2 for Spanish; x 3 for Hmong. We will call the client back to arrange for counseling.

**\*ZOOM PHONE NUMBERS:** If you get a busy signal, go to the next number.

+1 929 205 6099

+1 346 248 7799

+1 312 626 6799

+1 669 900 6833

+1 301 715 8592

+1 253 215 8782

\*These are not toll-free numbers for people using a landline.