

# MENTAL HEALTH SOLUTIONS

Blomquist Hale Solutions provides direct, **face-to-face** guidance to address virtually any stressful life situation or problem. Not to mention there is absolutely **no cost** to you. Meeting with our team is simple. Call to schedule an appointment today. **(800) 926-9619**



Marital & Relationship Counseling



Family Counseling



Stress, Anxiety or Depression



Personal & Emotional Challenges



Grief or Loss



Financial or Legal Problems



Substance Abuse or Addictions



Senior Care Planning



## Count On:



24/7 Crisis Service



100% Confidential



Professional, Friendly Team



Convenient Locations



Extended Hours



No Co-pay Required

## DOWNLOAD THE BLOMQUIST HALE APP

The Blomquist Hale app gives you direct access to mental health resources such as webinars, informational handouts, articles and more! Simply search Blomquist Hale on the app store.



To register for workshops, please visit us at:  
<https://blomquisthale.com/workshops/>

**Blomquist Hale**  
SOLUTIONS