

*"Be kinder
than necessary
for everyone
you meet is
fighting some
kind of battle."*

~ Plato

**Questions
and answers
about
Headquarters:**

What is Headquarters?
A free 24-hour counseling
and information center.
**Hear "many voices about
HQCC" on our website/**

About HQCC/ Videos.

What will a counselor do?
S/he will listen and provide support and
assistance for any life concern. Our goals are
to help you feel calmer and be safer.

How much does it cost?
Counseling is free!

**Will anyone know what you tell a
Headquarters counselor?**
Everything you say is confidential.

How do you find Headquarters?
Call 841.2345. From Baldwin City, you can
call toll-free 888.899.2345.

Find us on-line at www.hqcc.lawrence.ks.us
Talk in person, but please phone first to be
sure that a counselor is available to meet
with you.

How is it funded?
By the United Way of Douglas County, KU
Student Senate, Lawrence Alcohol Tax Fund,
Membership Drive, Partnerships, Lawrence
Amateur Golf Association, grants,
donations, events, and Peoples Bank.

life support



HEADQUARTERS
Counseling Center

841.2345
any time, any day

from Baldwin City, 888.899.2345

211 E. 8th Street, Ste. C
in Lawrence, Kansas

Kansas Suicide Prevention Line
1.800.SUICIDE ~ or ~
1.800.273.TALK

www.hqcc.lawrence.ks.us

One of the
oldest 24-hour
counseling
centers
in the nation,

Headquarters strives to help anyone with any problem at any time. Since opening in 1969, Headquarters has never closed.

Most people contact Headquarters by phone. Some email. Sometimes people stop by the center in downtown Lawrence. All services are confidential and free.

The heart of the agency is our people: the volunteer staff (who complete over two months of specialized training before answering the phone or door), the paid staff, and our committed and caring Board Members.

Memberships:

- American Association of Suicidology
- Douglas County SAFE KIDS Coalition
- International Critical Incident Stress Foundation
- Kansas Critical Incident Stress Management Network
- National Hopeline Network
- National Suicide Prevention Lifeline
- Suicide Prevention Subcommittee of Governor's Mental Health Services Planning Council
- Transition Council of Douglas and Franklin Counties
- United Way of Douglas County

Headquarters

Helps You:

Counseling & support for any personal concern—Someone to talk with, who cares, but is not directly involved.

Parent Info Line—Help with the challenges of parenting,

First Call For Help—Help finding things like: affordable medical care, legal advice, or utility assistance.

Medication, Alcohol, & Drug Info— AIDS and STD's Info—

Information, referrals for treatment, as well as immediate emotional support.

Suicide or self harm intervention—When you or someone you care about is struggling, we will help you stay safe.

Support for Victims/Survivors of Abuse—We provide caring support.

Phone A Friend— phone line for children
865.2600
from Baldwin City, call toll-free
888.211.5333

Headquarters

Helps Our

Community: Children's Safety Programs—Talks and handouts for children & parents.

Suicide Prevention Education Programs—Talks and handouts for teens & adults, including professional audiences.

Support Groups—For those who have lost a loved one to suicide. For other special needs.

Counselor Training—Prepares adult volunteers to serve here, and benefits their personal & professional lives.

Douglas County CAIRS Resource Directory—Print or computer-file directory available for a small cost for its creation.

Critical Incident Stress Management—Helping groups after a traumatic event, such as an armed robbery or sudden death.

Community Collaborations—We share our time & expertise to help start and continue many needed projects.

Website—www.hqcc.lawrence.ks.us

Mission

Our trained volunteer and paid staff improve the emotional well-being and safety of adults and children through readily available counseling, education, and information services.