

LaMoure School eCounseling

I will be available via email at Greg.Hermes@k12.nd.us during this time of elearning. Through email, we can also establish times to do phone calls, Google Hangout meetings as needed as well. I do plan to be available during my posted office hours times. For more immediate situations, I will also be available by phone at 701-883-6306.

Resources and counseling services will be distributed using Google Classroom or through email services. Counseling will be available to address the needs of all students on all levels. Individual counseling sessions either in person or electronically can be arranged through email or phone.

“Office” Hours: I will be available M-F 9 am-3 pm

If you feel you are in an immediate situation and it is after hours, or I cannot be reached please contact the following appropriate resources:

National Suicide Prevention Lifeline 24/7: 1-800-273-8255

Social and Emotional Help Line 24/7 211

NCHSC Mental Health Outreach Clinic & Youth Center 701-857-8500

South Central Human Service Center—Mental Health Services 701-253-6300

LaMoure County Health 701-883-5356

Sanford Clinic 701-883-5048

Oakes Hospital 701-742-3291

If this is a mental health emergency, please call 911.