

Your mental health is important.

This has been a difficult time. You may be feeling sad, stressed, or worried, and that's OK. Here are some resources that may help:

- 01** Visit www.howrightnow.org for resources and information to help us cope and be more resilient
- 02** Call your doctor about making an appointment to talk to a mental health counselor. The Oregon Health Plan covers most mental health support.
- 03** Call "211" or go to www.211info.org to search for drop-in mental health resources in your area.
- 04** CRISIS LINES
 - Multnomah County Mental Health Support**
503-988-4888
 - Clackamas County Mental Health Support**
503-655-8585
 - The Trevor Project (LGBTQIA+ support)**
1-866-488-7386
 - National Suicide Prevention Line**
800-273-8255
 - Crisis Text Line**
Text "HOME" to 741741

Outside In 
503-535-3860
outsidein.org