

## RESILIENCE AND CONNECTION IN CLACKAMAS COUNTY

The COVID-19 pandemic already has had far-reaching mental health consequences throughout our community. Every one of us has been impacted in terms of stress and worry. In Clackamas County, we have been addressing these effects to help people build resilience and connection, but we need help to spread the word. We have information that we hope you will share with your staff and your customers.

You are not alone.

### 24/7 Crisis and Support Services

Clackamas County  
503-655-8585

Multnomah County  
503-988-4888

Washington County  
503-291-9111

**Resource – Mental Health Center:** Clackamas County Mental Health Center (MHC), our urgent mental health walk-in center, is open and taking new clients. This is a great resource for people experiencing acute symptoms or concerns. We are open 10am-5pm weekdays at this time and reachable at the Crisis and Support line 503-655-8585.

**Resource – Peer Support:** Peer support specialists are people who use their experience of recovery from mental health and/or substance use disorders to support others in recovery.

**Resource – Clackamas Safe + Strong:** We've created small outreach teams trained to provide support and services to help individuals who are struggling with anxiety, worry, isolation, and other stressors.

[ReferralCCP@clackamas.us](mailto:ReferralCCP@clackamas.us) or 503-655-8585.

**Training – QPR Training:** An introductory training for anyone wanting to learn how to help a person at risk of suicide, QPR (Question, Persuade, Refer) teaches how to identify the warning signs of a suicidal crisis and how to respond and is especially geared toward those who *aren't* therapists or social workers.

<https://www.gettrainedtohelp.com/en/>

**Training – Access to Firearms and Suicide: Lethal Means Counseling** involves providing education to individuals and families so they can be alert to signs of suicide in a loved one and can talk about locking firearms away until that loved one is no longer in crisis. <https://www.gettrainedtohelp.com/en/>

**Tip Sheets + Brochures + Cards:** We have a variety of handouts that describe some of our most supportive programs. You can choose to display some or all of our materials, which can help customers or even staff get connected to the resource they need. To request materials, email [ReferralCCP@clackamas.us](mailto:ReferralCCP@clackamas.us).

I'm here  
for you.

If you or someone you love needs to talk, call the  
Clackamas County Crisis and Support Line at 503-655-8585.

#### Clackamas Safe + Strong – We are here to help and support you

Feeling isolated or alone? Are things too stressful right now, or overwhelming?

Clackamas Safe + Strong is made up of outreach workers trained to listen and provide support in times of struggle due to COVID 19.

Are you interested in:

- Talking to someone?
- Learning how to manage your stress?
- Understanding common reactions to disasters?

We will listen to your story. We can help with a referral, educational materials or other needed resources.

Give us a chance to be there for you. We are free and confidential.

Reach Clackamas Safe + Strong at 503-655-8585  
or email [ReferralCCP@clackamas.us](mailto:ReferralCCP@clackamas.us)

