

If you've been affected by COVID-19, there are resources and support available for you and those you love.

Call the Safe+Strong helpline
1-800-923-HELP (4357)

or visit our website at
**[safestrongoregon.org/
mental-emotional-health](https://safestrongoregon.org/mental-emotional-health)**

to get immediate mental and emotional help.

Free confidential resources are available right now.

There are community and governmental organizations here to support you by:

- Providing information about COVID-19-related community resources
- Helping you understand and process your reactions to COVID-19
- Connecting you to tools to support yourself and your loved ones
- Providing you referrals to professional services as needed

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Visit **[safestrongoregon.org/
mental-emotional-health](https://safestrongoregon.org/mental-emotional-health)** for a full list of resources and support.

COVID-19 has changed our lives, and it can feel difficult for anyone. There's support for you and the people you love.

The following resources and support can help you, your loved ones, and the communities you live and work in.

Alternative Youth Activities
Serving Coos County
541-252-9636

Community Counseling Solutions
Serving Gilliam, Grant, Morrow & Wheeler County
541-676-9161

Clatsop Behavioral Healthcare
503-325-5722

Clackamas County Behavioral Health Division
503-655-8585

Klamath Basin Behavioral Health
541-883-1030

Lincoln County Behavioral Health
541-265-4179

Lines For Life
Serving Statewide
English:
971- 420-1028
Spanish:
971- 420-1018

Mental Health & Addiction Association of Oregon (MHA AO)
Serving Multnomah County
503-922-2377

New Directions Northwest Inc.
Serving Baker County
541-523-7400

Options for Southern Oregon
Serving Josephine County
541-476-2373

Umatilla County Human Services
English:
541-379-3575
Spanish, Mayra Zepeda:
541-648-8601

Wallowa Valley Center for Wellness
Serving Wallowa County
541-426-4524



COVID-19 has changed our lives. Find support in your community.

Safe + Strong

Oregon Health Authority

Safe + Strong

Oregon Health Authority



What to look for

If you're having trouble coping, you're not alone. Here's a list of common reactions that may mean you should reach out for more support.

Are you feeling:

- Anxious or fearful?
- Guilt or sadness?
- Numb or disconnected from life?
- Uninterested or unmotivated?
- Angry or irritable?
- Lonely or socially isolated?
- Distracted or disoriented?

Are you having trouble:

- Concentrating, remembering or making decisions?
- Talking about what happened or listening to others?
- With thoughts about the fire?
- Getting out of bed?
- Doing things you normally do, like paying bills?

Do you find yourself:

- Feeling tired all the time?
- Feeling tense or easily startled?
- Having headaches or other physical pain?
- Eating too much or too little?
- Experiencing nausea, stomach aches or diarrhea?
- Having sweats or chills?
- Using alcohol or drugs to cope?
- Staying away from friends or family?
- Having too much or too little energy?



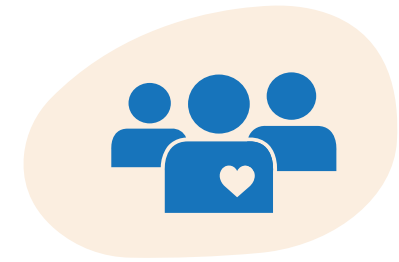
Ways you can take care of yourself

Healthy ways to deal with stress

- Reach for what's helped you cope in the past
- Talk with others as much as you can
- Remove distractions from sleep and rest
- Exercise
- Eat healthier
- Limit your news consumption
- Listen to music, meditate or try focused breathing
- Write in a daily journal
- Schedule activities you enjoy
- Maintain or establish new routines
- Accept that your reactions to the disaster are normal
- If symptoms linger or intensify, talk to a professional

Try to avoid

- Any violence, conflict or risky behavior
- Blaming yourself or others
- Excessive use of alcohol or drugs
- Withdrawing from family and friends



How to stay hopeful and resilient

Recovering from any natural disaster takes time and can feel overwhelming. Here are some reminders to help you stay hopeful and resilient.

Reach out – Accept help and support from people who care.

Look ahead – Know your healing has purpose toward the future.

Accept change – Accept what you can't control so you can focus on what you can.

Move forward – Do one thing each day to keep working toward your goals.

Decisive action – Try to take action rather than putting off or avoiding tasks.

Self-discovery – Be open to opportunities to learn about yourself.

Trust yourself – Nurture a positive view of yourself and your ability to face challenges.

Keep perspective – See the big picture and focus on what's most important in your life.

Build hope – Visualize what you want rather than focusing on obstacles.

**There's help for you and those you love.
Reach out for support today.**