

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**.

Are you okay?

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How's it going?

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Feeling isolated or alone? Are things too stressful right now, or overwhelming? We are here to help and support you!

**Safe +
Strong**

Clackamas Safe + Strong is made up of outreach workers who are 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 resources. Let's figure it out together.

Give us a call. We are free and confidential.

Reach Clackamas Safe + Strong at **503-655-8585**
or email us at **SafeStrong@clackamas.us**

