

From a mental health perspective, the COVID-19 pandemic is already having far reaching and widespread consequences. Throughout our communities, no one has been spared in terms of stress and worry, whether because of loss of employment, closure of businesses, inadequate social contact, or just trying to keep ourselves and loved ones as safe as possible.

To begin to address the emotional effects of COVID-19, Clackamas County has developed Go Teams.

Go Teams are able to reach out into the community, even to an individual's home. Wearing personal protective equipment (PPE) like masks and gloves, while practicing physical distancing, we meet people where they are at. Team members are trained to provide Psychological First Aid in order to help individuals who are struggling with anxiety, worry, isolation, and other stressors right now. We also provide other support and referrals to help people maintain their mental health. The Go Teams' primary goal is to minimize the potential harmful emotional effects of stress and trauma associated with the pandemic while helping people tap into their own resilience and abilities to cope.

Psychological First Aid (or PFA) is the practice of recognizing and responding to people who need some help because they are feeling stress due to an unanticipated situation like this pandemic. PFA is designed to help foster short- and long-term coping. PFA is NOT mental health treatment, case management, crisis services or peer support. We operate this service Monday through Friday, 8:30am to 5:00pm.



Our Go Teams are made up of peer support specialists, mental health therapists, dental assistants, office support staff, case managers, health educators, and substance use prevention specialists. We deliberately sought expertise from a variety of professions with the aim of integrating clinical and non-clinical perspectives – with the principles and practices of Psychological First Aid to unify and provide structure to the work.

Our hope is that you will share this information with those with whom you come into contact. Feel free to share the attached signage far and wide. We want to encourage individuals and families to get in touch if they need support from Go Teams.

Sometimes the most powerful thing we can do is to sit and listen and make someone feel heard. Other times, offering a few practical solutions is the best approach. Our Go Teams strive to meet people where they are at, without agenda, and we are proud to be serving our community during these difficult times.

To request Go Team support for anyone in Clackamas County, call our Crisis and Support Line at 503-655-8585.