General Mental Health Support/Coping with COVID-19 Events

These are uncertain times. It can even feel scary right now. Whether you already experience mental health issues, or you are feeling anxious, worried, stressed, confused, or afraid - you are not alone. For information and support to help you cope with the current issues and maintain healthy mental wellness, please click on these links below:

Taking Care of Your Mental Health in the Face of Uncertainty

Coping with Stress During Infectious Disease Outbreaks
https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885

NAMI Helpline Updates, Information and Resources Guide
https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus

How to Prepare – Manage Anxiety and Stress

If you are in need immediate support or experiencing a crisis, you can contact these hotlines:

WASHINGTON COUNTY CRISIS LINE
503-291-9111 (24/7/365)

SUICIDE LIFELINE
Call 800-273-8255 (24/7/365)
Text 273TALK to 839863 (8am-11pm PST daily)

ALCOHOL & DRUG HELPLINE
Call 800-923-4357 (24/7/365)
Text RecoveryNow to 839863 (8am-11pm PST daily)

MILITARY HELPLINE
Call 888-457-4838 (24/7/365)
Text MIL1 to 839863 (8am-11pm PST daily)

SENIOR LONELINESS LINE
Call 503-200-1633

YOUTHLINE
Call 877-968-8491
Text teen2teen to 839863
Chat at www.oregonyouthline.org
(4pm-10pm PST daily; off-hours calls are answered by Lines for Life)
Domestic Violence Support

Life can feel uncertain and scary right now. It can feel scarier and unsafe if you are in an abusive relationship or a dangerous home situation. If you have to self-isolate at home, or are co-quarantined with an abuser, please reach out:

**DVRC 24-HOUR CRISIS LINE**  
Local: 503-469-8620  
Toll free: 1-866-469-8600

**NATIONAL DOMESTIC VIOLENCE HOTLINE**  
Call: 1-800-799-7233  
TTY: 1-800-787-3224  
Text LOVEIS to 22522

You may access helpful DV information and resources here:

- Domestic Violence Resource Center: [www.dvrc-or.org](http://www.dvrc-or.org)

*Please safely use technology and the internet*

Parenting and Family Support

For adults, it can be difficult to fully understand and make sense of the current events. For kids, it can be even harder. Here are some resources to help you talk with your kids about COVID-19, ways support them during these times, and how to manage school closures and working from home:

- Coronavirus Tips & Resources for Parents, Children & Others: [https://preventchildabuse.org/coronavirus-resources/](https://preventchildabuse.org/coronavirus-resources/)
- Articles for working from home with kids at home:  