



Hello and welcome to our fourth weekly COVID-19 related updates and resources email. The focus this week is on mental health resources. We are fortunate to have so many caring and compassionate people working to ensure the health and safety of everyone in our community. There are simply too many to list here, so please consider these a starting place. There are also many skilled counselors in private practice available locally.

Any crisis, like this pandemic, puts untold stresses on all of us and we all will benefit from acknowledging our feelings and limits and take the time for self-care. You can find many good ideas online for stress reduction tips. Here is one from our own [Clatsop Behavioral Health](#).

**Please note that all blue text is a hyperlink.**

### **COVID-19 Stress Counseling Services**

- **Clatsop Behavioral Health:** Free counseling is available for community members who are impacted by COVID.
  - Counseling line- **503-325-5722**
  - Crisis/Suicide Hotline-**503-325-5724**
- **Clatsop Community College:** Counseling is available for CCC students and employees by appointment or drop-in. **(503) 338-2409**
- **Disaster Distress Helpline:** [1-800-985-5990](tel:1-800-985-5990). Provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. Phone call or texting, in Spanish and other languages. To connect with a live DDH crisis counselor 24/7. From the 50 states text “TalkWithUs” for English or “Hablanos” for Spanish to 66746.

### **People Living with Mental Illness**

- **National Alliance of Mental Illness (NAMI):** Free, HIPPA compliant, support groups available to people living with mental illness, as well as family members and parents.
- **Beacon Clubhouse, Astoria:** Offers people living with mental illness hope and opportunities to reach their full potential. Accepting applications now. **(503)468-0808**

### **Substance Abuse**

- **Clatsop Behavioral Health**
- **CODA:** CODA’s Opioid Treatment Program in Seaside remains open and is accepting new patients during the COVID-19 state-wide restriction measures. The clinic is open Mon. - Fri. 5:30 a.m. to 12:30 p.m. and Sat. 5:30 a.m. to 11:30 a.m.
  - To Refer someone to CODA, 855-SEE-CODA or visit [www.codainc.org](http://www.codainc.org) for more information.
- **Oregon Child Abuse Hotline: 855-503-7233**
- **Domestic Violence and Child Abuse:**
  - The Harbor 503-325-3426
  - Crisis Hotline 503-325-5724

**Safe Strong Oregon Crisis Lines:** Oregon Health Authority COVID-19 specific website has contacts for local, state and national partners.

The following are documents you can download:

- [Coronavirus Anxiety Workbook](#)-This is a great workbook for individuals and families.
- [Seize The Award](#). Maintaining Mental Health During Coronavirus. Another excellent website with a variety of options and resources.
- [Suicide Prevention COVID-19 Resources](#)
- [OHA Substance Abuse Prevention For Parents](#)
- [Stress Reduction for Teens](#)
- [NAMI Beacon Clubhouse Referral Form](#)



**This Just In From [Clatsop Community Action](#):**

- Rental assistance is available for clients impacted by COVID-19 and are facing risk of losing their housing.
- Deposit assistance available for clients who are experiencing homelessness.
- Port a Potties and a hand washing station are available in our parking lot to help support our homeless neighbors with good hygiene and a safe place to use the restroom.
- Showers are available through a partnership with the Astoria Warming Center to provide showers for the homeless on Wednesday's from 12-4. (In the last 2 weeks, they've provided 32 showers to clients in need in Astoria.)
- Showers are available through a partnership with the Seaside school district to provide showers for the homeless in Seaside on Wednesdays from 12-3, at the Seaside High School. They also have bags of personal care items for the homeless to take with them.

**Thank you, Clatsop Community Action!**



All Oregon residents need access to health information and resources to stay safe, healthy and strong during the COVID-19 pandemic.

[Safe + Strong](#), a COVID-19 outreach and education campaign in 12 languages. [#COVIDSupportOregon](#)