

OREGON HEALTHCARE PROVIDER WELLNESS RESOURCES

COUNSELING

❖ **[OREGON WELLNESS PROGRAM](#)** - (541)242-2805

Serving these counties: Clackamas, Crook, Deschutes, Jefferson, Lane, Marion, Multnomah, Polk, Washington

- Any licensed physician, PA, or NP in Oregon is eligible for freeservice
- Developed and sanctioned by physician peers
- 24/7 support for healthcare professionals

❖ **[LANE COUNTY MEDICAL SOCIETY PROVIDER WELLNESSPROGRAM](#)**
(541)345-2800

- Must reside or practice in Lane County
- Open to physicians, PA's, NP's
- Up to 8 sessions -- free & confidential
- Wellness sessions do not require reporting to the OMB
- Do not need to be a member of Lane County Medical Society

SELF-CARE

- ❖ **Headspace** - Meditation and sleep app

- ❖ **The Schwartz Center for Compassionate Healthcare:** [Caring for Yourself & Others During the COVID-19 Pandemic: Managing Healthcare Workers' Stress](#)

- ❖ **Take care of yourself - put on your oxygen mask first**
(excerpted from [AMA - Managing mental health during COVID19](#))

1. Feel free to feel your feelings

- Experiencing stress and the feelings associated with it are by no means a sign of weakness or a reflection on your ability to do your job.

2. Intentionally employ coping strategies

- Get enough rest and find respite time during work or between shifts, eat meals (ideally, healthy food, on a schedule), engage in physical activity and stay in contact (with appropriate social distancing) with family and friends.

3. Perform regular check-ins with yourself

- Monitor yourself for symptoms of depression/stress disorder. Talk to a trusted colleague or supervisor. Be open to seeking professional help if symptoms persist or worsen over time.

4. Take breaks from the news and social media

- Make a regular habit of stepping away from your computer and smartphone from time to time. When returning online, focus on information from reputable sources, not just sources in your social media feed. You don't have to take in everything produced by a 24/7 news cycle.

5. Be fortified by remembering the importance and meaning of your work

- Remind yourself that despite the current challenges and frustrations, yours is a noble calling – taking care of those in need in a time of great uncertainty. Make sure to take time to recognize the efforts and sacrifices made by your colleagues.

Together, we are all stronger.

For urgent matters, please call your local County Mental Health Crisis Hotline or the National Suicide Prevention hotline: (800) 273-TALK (8255)

County Mental Health Departments

(from NAMI - National Alliance on Mental Illness website)

Baker County – 541-523-3646 / crisis line: 541-523-5914

Benton County – 541-766-6835 / after hours crisis line: 888-232-7192

Clackamas County – 503-742-5335 / 24-hour crisis line: 503-655-8585

Clatsop County – 503-325-5722 / Crisis Line: 503-325-5724

Columbia County – 503-397-5211 / after hours crisis line: 866-866-1426

Coos County – 541-756-2020 ext. 528 / 24-hour crisis line: 541-756-8601

Crook County – 541-447-7441 / 24-hour crisis line: 888-232-7192

Curry County – 541-247-4082 / after hours crisis line: 877-519-9322

Deschutes County – 541-322-7500 / 24-hour crisis line: 541-322-7500

Douglas County – 541-440-3532 / 800-866-9780

Gilliam County – Arlington: 541-454-2223 / Condon: 541-384-2666

Grant County – 541-575-1466 / after hours crisis line: 541-575-0030

Harney County – 541-573-8376

Hood River County – 541-386-2620 / 888-877-9147
after hours crisis line: 541-296-6307 / 541-386-7534

Jackson County – 541-774-8201

Jefferson County – 541-475-6575

County Mental Health Departments (cont'd)

(from NAMI - National Alliance on Mental Illness website)

Josephine County – 541-476-2373 / after hours crisis line: 541-474-5360

Klamath County – 541-883-1030

Lake County – 541-947-6021

Lane County – 541-682-3608 / 541-682-4085 / 24-hour crisis line: 541-687-4000

Lincoln County – 541-265-4179 / 24-hour crisis line: 866-266-0288

Linn County – 541-967-3866 / 800-304-7468 / 24-hour crisis line: 800-560-5535

Malheur County – 541-889-9167 / 24-hour crisis line: 800-995-9169

Marion County – 503-588-5351 / 24-hour crisis line: 503-585-4949

Morrow County – 541-481-2911

Multnomah County – 503-988-4888

Polk County – 503-623-9289 / after hours crisis line: 503-581-5535 / 800-560-5833

Sherman County – 541-296-5452 / after hours crisis line: 888-877-9147

Tillamook County – 503-842-8201

Umatilla County – Pendleton: 541-276-6207 / Umatilla: 541-922-6226
24-hour crisis line: 866-343-4473

Union County – 541-962-8800 / after hours crisis line: 541-962-7126

Wallowa County – 541-426-4524 / after hours crisis line: 541-426-3111

Confederated Tribes of Warm Springs – 541-553-3205 / after hours crisis line: 541-553-1171

Wasco County – 541-296-5452 / after hours crisis line: 541-296-6307 / 541-386-7534

County Mental Health Departments (cont'd)

(from NAMI - National Alliance on Mental Illness website)

Washington County – 503-846-4528 / 24-hour crisis line: 503-291-9111

Wheeler County – 541-763-2746

Yamhill County – 503-434-7523 / after hours crisis line: 800-560-5535