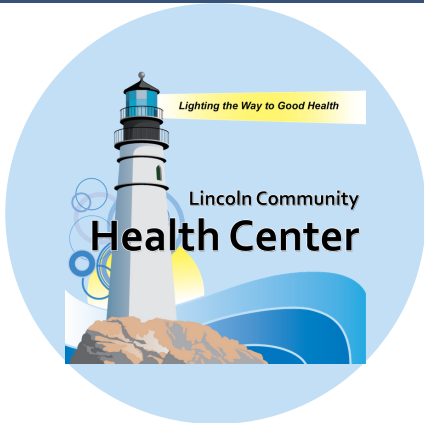


YOUR MENTAL HEALTH MATTERS

WE ARE HERE TO HELP.



LINCOLN COUNTY BEHAVIORAL HEALTH

CONTACT US:

Adults - 541.574.5960

Child & Family - 541.265.4179

Telehealth options available!

EMERGENCY PUBLIC INFORMATION

CALL CENTER

541.265.0621

LincolnCoCallCenter@co.lincoln.or.us

HOTLINES

National Suicide Prevention Lifeline: 800-273-8255

Ayuda en Espanol: 888.628.9454

Oregon Youth Line: 877.968.8491

Text "teen2teen" to 839863

My Sisters' Place DV Hopeline: 541.994.5959

Disaster Distress Hotline: 800.985.5990

Lincoln County Crisis Hotline: 866.266.0288

FEELING STRESSED & OVERWHELMED IN A DISASTER IS NORMAL.

COMMON REACTIONS MAY INCLUDE:

- Anxiety or Fear
- Irritability or Agitation
- Crying outbursts
- Emotional numbing
- Intense anger
- Feelings of hopelessness

@LincolnHHS 

www.co.lincoln.or.us/hhs

www.co.lincoln.or.us/echomountainfire

Sign up for Lincoln Alerts: www.co.lincoln.or.us/alerts

SELF-CARE

- Take breaks from the news & social media.
- Eat healthy, exercise, & stay active.
- Do activities you enjoy & connect with others.
- Follow social distancing guidelines.
- Try to get enough sleep.
- Practice breathing techniques or meditation.
- Break big tasks into smaller ones.
- Ask for help when you need it.

A community committed to health, wellness and quality of life.