



COVID-19 COMMUNITY COUNSELING PROGRAM

AUDIENCE: All Washington County Residents

PRIMARY COMMUNITY MESSAGE:

Washington County is pleased to announce the opening of a new COVID-19 supportive counseling program. The COVID Community Counseling Program (CCCP) will provide support to Washington County residents seeking mental health help during and following the pandemic. Core services include:

- Supportive counseling with an emphasis on developing coping skills and resilience;
- Support in understanding personal reactions, planning action steps and developing solutions to resolve losses and overcome adversities;
- Referral and connection to longer-term behavioral health care if needed.

This program is provided at no cost to Washington County residents and services are provided by several local community behavioral health agencies.

To request help please email COVIDCounseling@co.washington.or.us or call Washington County Behavioral Health at 503-846-4528.

ADDITIONAL INFORMATION:

As we continue to have disruption in our daily lives due to the pandemic, our ability to cope will become strained. We may experience anxiety, depression and find ourselves using more substances. While this doesn't necessarily mean we have a diagnosable mental health disorder, receiving some counseling support can improve our health and resilience during this unusual time.

The COVID Community Counseling Program (CCCP) is a partnership between Washington County, Lifeworks NW, Western Psychological, Asian Health and Service Center and Lutheran Community Services NW. For a limited time, free counseling focused on how to get through the pandemic will be available to all residents at no cost.

Services will be offered by telephone, online and in-person, as physical distancing recommendations allow. Help will be available at several sites across Washington County when in-person sites are opened. This program will be time limited, opening in mid-May and continuing through December.

To access the CCCP, call Washington County Behavioral Health at 503-846-4528. Please be prepared to leave a message including your name and telephone number. A clinician will try to return your call within 24 hours, depending on the volume of requests. Services can also be requested via email. Please send an email with your contact information to: COVIDCounseling@co.washington.or.us.

Culturally specific services are available and may be accessed directly through the following providers:

Asian Health and Service Center:

English 503-772-5888

Cantonese 503-772-5889

Mandarin 503-772-5890

Korean 503-772-5891

Vietnamese 503-772-5892

Lutheran Community Services NW: 503-924-2448

Services offered in Arabic, English, Farsi, Dari, Armenian, Punjabi, Spanish and Russian

Virginia Garcia Memorial Health Center (with Lifeworks NW): 503-352-6000

Services offered in Spanish

If you are feeling suicidal, help is available. Please contact the Washington County Crisis Line at 503-291-9111. Help is available 24 hours per day. If you speak a language other than English, an interpreter will be provided. You are not alone.

If you are facing a life-threatening emergency, please call 911 or go to the nearest Emergency Department.