

Get Help

Confidential and free resources for
professional staff members

Crisis resources

Emergency situations
Get help now

National Suicide Prevention Lifeline

1-800-273-8255

County Mental Health Crisis Hotlines

Multnomah: **503-988-4888** Clackamas: **503-655-8585** Washington: **503-291-9111**
Yamhill: **844-842-8200** Jackson: **541-774-8201** Clatsop: **503-325-5724**
Hood River: **541-386-2620**

Mental health resources and counseling

Ongoing options for
support, including
counseling

Wellspring Practitioner Early Assistance Program

Provides confidential counseling, digital tools and free confidential resources for you and your family including financial consultation, legal consultation and services such as plumbers, house cleaners and eldercare.

www.wellspringeap.org

Username: ProvidenceOR

1-800-553-7798

Oregon Wellness Program (OWP)

Up to 8 free and confidential counseling sessions and additional wellness resources for licensed physicians, PAs and APPs. Regional counseling services, including telemedicine

www.oregonwellnessprogram.org

541-242-2805

Medical Society of Metropolitan Portland (MSMP)

A safe harbor for physicians and PAs to seek help. Includes confidential counseling, wellness education and a resource library.

www.msmp.org

503-764-5663