



## C O L U M B I A M E M O R I A L H O S P I T A L

# Caregiver Support Resources

We are living in a time of uncertainty due to the spread of the coronavirus (COVID-19). If you are feeling stressed or overwhelmed and need to share how you are doing, there are many emotional support resources available for you as a CMH caregiver. The important thing is this: no matter what method you choose to reach out to get help, please, reach out to someone for help. No one will judge you. All of these services are there only to help you get through this trying, overwhelming time. You can do this.

### **Employee Assistance Program (EAP): 1-800-433-2320**

The EAP with Cascade Centers is a free, confidential service that will assist you and your eligible family members with any personal concern, large or small. Caregivers can speak to a counselor on the phone, schedule an in-person appointment or get needed resources 24/7.

### **National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)**

Callers to the National Suicide Prevention Lifeline are routed to a regional or local crisis center, staffed with trained individuals who provide confidential emotional support to everyone who calls. The call and service is free. You don't have to be feeling actively suicidal in order to use this service — it's for anyone in emotional distress. You can also take advantage of their online chat service: [suicidepreventionlifeline.org/chat](https://suicidepreventionlifeline.org/chat).

### **The Samaritans: 1-877-870-4673 (HOPE)**

The Samaritans, a nonprofit organization, offers emotional support to anyone who calls feeling lonely, depressed, suicidal, or just looking for someone to talk to. Whatever the reason, you will get a trained volunteer who offers non-judgmental support. If you're concerned about someone you care about in your life, they can also help with advice and resources. You can call or text the Samaritans at any time.



### **CMH CARE MANAGEMENT**

CMH Behavioral Health Consultants (BHCs)/Clinical Social Workers are available to talk with caregivers and can be reached at ext. 61500.

### **Military Helpline: 1-888-457-4838**

The Military Helpline offers support for service members, veterans and their families that is independent of any branch of the military or government. You can also text MIL1 to 839863 from 8 a.m. to 11 p.m. PST daily.

### **Senior Loneliness Line: 503-200-1633**

The Senior Loneliness Line supports seniors in our community who are feeling lonely and having difficulty connecting.

### **YouthLine: Call 1-877-968-8491 or text teen2teen to 839863**

YouthLine is a teen-to-teen crisis and help line that can be contacted with anything that may be bothering you — no problem is too big or too small. Teens are available to help daily from 4 to 10 p.m. PST. Off-hours calls are answered by Lines for Life.

### **Lines for Life: Call 1-800-273-8255 or text 273TALK to 839863**

### **Clatsop Behavioral Healthcare Crisis Line: 503-325-5724**

## **ONLINE HOTLINE SERVICES**

Some people feel uncomfortable talking on the phone for help — and that's perfectly OK. Depression hotline numbers aren't for everyone. If you're uncomfortable talking on the phone, you can try one of these free crisis chat services online or by texting on your phone instead.

**Crisis Chat:** [contact-usa.org/chat.html](https://www.contact-usa.org/chat.html)

**Crisis Text Line:** [crisistextline.org](https://www.crisistextline.org)

**IMAlive:** [imalive.org](https://www.imalive.org)

**Veteran's Crisis Line:** [veteranscrisisline.net/get-help/chat](https://www.veteranscrisisline.net/get-help/chat)

The Military Crisis Line, online chat and text-messaging service are free to all service members, including members of the National Guard and Reserve, and veterans, even if you are not registered with the U.S. Department of Veterans Affairs (VA) or enrolled in VA health care. Hundreds of men and women in the military contact us every day and start to get back on track.



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