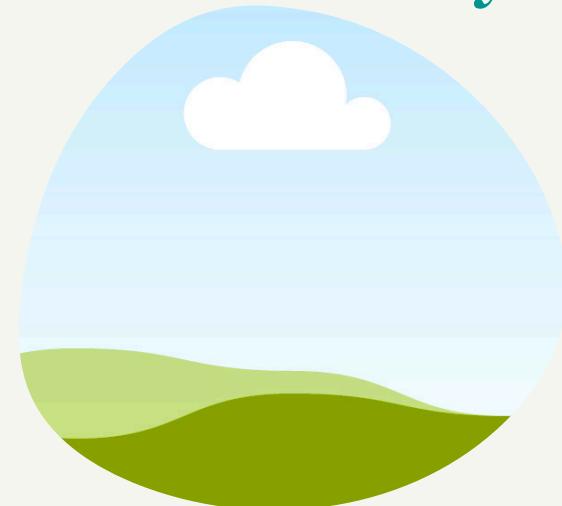


Stress Recovery



CHILD ABUSE

Department of Human Resources

Multnomah County- **503-988-3691**
Clackamas County- **971-673-7112**
—children and adult

ELDER ABUSE

Adult Protective Services

Multnomah County: **503-988-4450**

Sr. Loneliness Helpline: **503-200-1633**

DOMESTIC VIOLENCE

Domestic Violence & Crisis Lines

Multnomah County: **1-888-235-5333**
Clackamas County: **503-654-2288**
-also, suicide
Call to Safety: **503-235-5333**
Portland Women's : **503-654-2288**
Gateway Center: **503-988-6400**
-also, sexual violence

Home Free Protective Order Hotline

Home Free: **503-802-0506**
(Oregon Volunteers of America)

Emergencies

*Call **911**

non-emergencies

*Call **503-235-5333**
to talk to someone (Safety)

Sometimes accumulated and unresolved stress can result in complex issues that require assistance, protection or support.

RESILIENCY

Any RECOVERY will involve 3 things

1. **REST** (cessation)
2. **PROCESS** (detox)
Allow for removal of toxins or a healthy outlet for release of toxic substances, behaviors, emotions, etc.
Then, create a plan with decisions & actions to replace addiction with healthy stress relieving & nurturing habits
3. **RECOVERY** (HEAL)
A period of supported practice for new healthy behaviors, usually a minimum of 3 months to initiate lasting change)

Once "detox" has occurred counseling and support group will support long term change.

It's healthy to ask for help...

Resources

IT'S HEALTHY TO ASK FOR HELP...

GOOD NEWS
COMMUNITY HEALTH
CENTER
18000 SE STARK ST
PORTLAND, OR 97233
(503) 489-0567

Abuse

Unresolved anger can escalate to violence and other threatening or controlling behaviors. When this puts people at risk it becomes a medical and legal concern.

Domestic Violence

Can be reported by the victim directly. Often, there is complex planning required to successfully and safely leave a domestic violence situation, especially with children.

Our staff will be sensitive to the victim's safety and avoid direct confrontation with the abuser for the sake of the victim's safety.

Clinic staff are mandated reporters for child, disabled and elder abuse issues.

Addiction

Stress emotions drive addictive habits not rational thought. Worrying, over-eating, over-shopping, excessively playing video games are examples of behaviors used for stress relief that can become addictive. When mind and mood altering substances become an addictive habit the recovery is even more complex and can involve medical, behavioral, mental and spiritual health risks.

For alcohol and benzodiazepines, for example, abrupt cessation may cause serious medical risks such as seizure or death and may require medical oversight and intervention.

Mental Health Crisis

When struggling with thoughts of suicide it is important to seek help and not be alone. It is important to arrange personalized counseling and assessment, quickly. Staff will seek to assure that the patient is not alone when feeling at risk of self harm. Calling the Crisis Line can direct you to appropriate support and assure they have a secure plan.

Spiritual Oppression

When spiritual oppression is expressed or suspected along with depression or suicidal thoughts, report to provider or staff lead. Local Spiritual care providers can support patients with specialized care and council.

Sexual Assault or Human Trafficing

Sexual assault is always traumatizing and requires support, legal reporting and connection to appropriate services. If you suspect trafficking, it is important to try to keep the individual away from a trafficker. Inform staff and they will assist in calling the hotline (if possible) or discretely provide numbers during a private conversation, if possible.

Gangs, Drug Trafficking, Crime tips, etc.

Inform provider or clinic staff
For immediate emergencies call 911

Resources

ADDICTION(S)

Behavioral Health

Multnomah County: **503-988-4888**
Clackamas County: **503-988-5887**
Gresham CODA: **503-761-6006**
-Mens residential
Hooper Detoxification: **503-238-2067**
-Stabilization Center

MENTAL HEALTH CRISIS

Behavioral Health

Multnomah County: **503-988-4888**
Clackamas County: **503-655-8585**
Washington County: **503-291-9111**

HUMAN TRAFFICKING

Sexual Assault: **503-640-5311**
-24 hour Resource Center
Human Trafficking HotLine:
1-888-373-7888 (National)

GANGS, DRUG TRAFFICKING, CRIME TIPS, ETC.

Inform provider or clinic staff
For immediate emergencies, CALL 911.

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