



OHSU WELLNESS RESOURCES

OHSU benefited employees & postdoctoral scholars:

- Spark program supports physical, emotional, workplace, and financial well-being: o2.ohsu.edu/spark
- Employee Assistance Program offers 24/7 crisis and telephone counseling: 1-800-433-2320, sparkworklife.com

OHSU students and postdoctoral scholars:

- Student Health and Wellness provides confidential health and wellness services: 503-494-8665, o2.ohsu.edu/student-central/health-wellness

All OHSU community members:

- Public Safety is available to help: 503-494-4444 (emergencies), 503-494-7744 (non-emergencies)
- Confidential Advocacy Program is available: 1-833-495-CAPS, capssupport@ohsu.edu
- OHSU Adult Outpatient Psychiatric Clinic provides consultation, neuropsychological testing, evaluation, and treatment (referral needed): 503-494-6176, ohsu.edu/brain-institute/ohsu-adult-psychiatry-clinic-marquam-hill
- Intercultural Psychiatry Program offers culturally informed mental health care: 503-494-8219, ohsu.edu/brain-institute/ohsu-intercultural-psychiatric-clinic-portland
- Avel Gordly Center for Healing focuses on culturally sensitive care for the African and African-American community: 503-418-5311

Peer Support Programs:

- OHSU Peer Support Program: peersupport@ohsu.edu, o2.ohsu.edu/nursing-portal/staff-tools-resources/peer-support
- SoM Peer Support Program: o2.ohsu.edu/school-of-medicine/residents-and-fellows-gme/peer-support.cfm

Psychological Resilience for Team Leaders offers facilitated listening sessions and suggestions for team leaders: covid-19wellness@ohsu.edu

Community Behavioral Health Resources:

- Oregon YouthLine is a free, confidential crisis and help line: 877-968-8491, or text "teen2teen" to 839863
- Oregon Recovery Network has a list of recovery resources: oregonrecoverynetwork.org/treatment-and-detox-resources
- Wellness Tips for Seniors: co.washington.or.us/HHS/DAVS/Services/wellness-tips-for-seniors.cfm

Mindful Healthcare Speaker Series: sign up for free at mindfulhealthcaresummit.com/mhss

Learn more about wellness resources available to OHSU members at o2.ohsu.edu/covid-19/wellness/

Questions? Email COVID-19Wellness@ohsu.edu

24/7 support:

Crisis Text Line
Text HELLO to 741741
crisistextline.org

National Suicide Prevention
Lifeline
1-800-273-8255
suicidepreventionlifeline.org

Spark EAP
1-800-433-2320
sparkworklife.com

Meditation apps for your smartphone:

Calm, Headspace, Insight
Timer, Breethe, Buddhify