

Dear Colleague,

The Oregon Psychiatric Access Line (OPAL) would like to announce a new service for its callers, OPAL-C (COVID-19 Clinician Stress Peer Support). In addition to offering psychiatric curbside consultations about adult and child patients, OPAL is now offering confidential peer support for primary care clinicians experiencing stress in response to the COVID-19 crisis for the next 12 months. OPAL consultants will provide a listening ear and suggestions for managing the stress that comes from this national emergency. In addition, OPAL consultants can provide information regarding available community-based resources for practitioners seeking to establish care with a mental health professional. So, if you are interested in talking about COVID19 practice stress, feel free to call the regular OPAL number 503-346-1000 or toll free 855-966-7255 for out of Portland Metro. Please let call receptionist know of your desire to talk about COVID-19 related stress issues.

Thank you!

The OPAL Team

