

Dear Colleague,

Here at the OPAL Program, we are hearing stories of clinician exhaustion, frustration and generally feeling overwhelmed regarding the ongoing pandemic. In response, we would like to remind you that the Oregon Psychiatric Access Line (OPAL Program) launched OPAL-C (COVID-19 Clinician Stress Peer Support) in April 2020. OPAL-C offers confidential peer support for medical clinicians experiencing stress in response to the COVID-19 crisis. This is in addition to our ongoing psychiatric curbside consultations regarding adult and pediatric patients (OPAL-A and OPAL-K).

OPAL consultants will provide a listening ear and suggestions for managing the stress that comes from the ongoing worldwide pandemic. In addition, OPAL consultants can provide information regarding available community-based resources for practitioners seeking to establish care with a mental health professional.

If you are interested, simply call the regular OPAL number 503-346-1000 or toll free 855-966-7255. Please let our receptionist know of your desire to talk to our OPAL-C service.

Thank you for all the work you do on an ongoing basis! And please remember you are not alone in dealing with this.

Sincerely,
The OPAL Team

