

MENTAL HEALTH SUPPORT & RESOURCES



DON'T BE AFRAID TO ASK FOR HELP:

- **Suicide Prevention Lifeline:** 988 or 1.800.273.8255
- **Kaiser Crisis Line:** 1.866.453.3932
- **National Alliance on Mental Illness (NAMI):** 1.800.951.NAMO or text NAMI to 741741
- **Veterans Crisis Line:** 1.800.273.8255, press 1

KNOW THE SIGNS:

IN ADULTS:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)
- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

IN CHILDREN:

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

R&H RESOURCES:

R&H Employee Assistance Program via Mutual of Omaha:

Assists R&H employees and eligible dependents with personal or job-related concerns, including, but not limited to:

- Emotional well-being
- Family & relationships
- Legal & financial matters
- 24/7w telephone counselor access
- Healthy lifestyles
- Work & life transitions
- Substance abuse & addiction

How to use: call 1.800.316.2796 or visit www.mutualofomaha.com/eap

For more information, questions or concerns about R&H's Employee Assistance Program, please contact Shelby Everitt at severitt@rhconst.com or 503.250.1159



KAISER RESOURCES:

- **Crisis Line:** In a crisis, call 1.866.453.3932 for 24/7 help
- **Self-Care Resources:** Visit kp.org/classes or take the depression self-assessment at kp.org/depression
- **Health Coach:** For stress management and life balance issues, call 503.286.6816 or 1.866.301.3866
- **Advice Nurse:** Talk to an advice nurse 24/7 at 1.800.812.2000
- **Mental Health & Addiction Medicine:** For mental health or addiction medicine or assessment, call 503.249.3434 or 1.855.632.8280
- **Addiction Urgent Care:** 1.800.777.7904 for 24/7 help



LOCAL RESOURCES:

Alano Club:

Resources for recovering men, women & families including Alcoholics Anonymous, Al-Anon family groups, Gamblers Anonymous, Food Addicts Anonymous, Wellbriety, Refuge Recovery and nearly everything in between!

Contact information:

- Portland Metro: call 503.222.5756 or visit www.portlandalano.org
- Central Oregon: visit www.redmondalanoclub.com

Alcoholics Anonymous:

Contact information:

- Portland Metro:
 - Call 503.222.5756 or visit www.portlandalano.org
 - 24 Hour Hotline: 503.223.8569
- Central Oregon:
 - Call 541.923.8199 or visit www.coigaa.org
 - 24 Hour Hotline: 541.548.0440