

Health and Well-being Resources

The City of Portland recognizes the anxiety and emotional strain that you may feel during this time. As a reminder, City of Portland employee health plans offer comprehensive coverage for both physical and mental health care.

To speak with a counselor or mental health professional at any time, please contact the employee assistance program (EAP), [Cascade Centers](#).

Visit City of Portland's [Whole Life Directions](#) or download the free mobile app via Google Play or Apple App Store for more mental health resources.

The City of Portland also support and encourages self-care during these stressful times. Remember that healthy eating, sleep and [exercise](#) work together to promote a healthy immune system.

Additional Resources:

Multnomah County: [COVID-19 Guidance](#)

Self-care tips: [Taking Care of Your Mental Health in the Face of Uncertainty](#)

Coping strategies for Families (specific to COVID-19): [Parent/Caregiver Guide to Helping families Coping with the Coronavirus](#)

The [Child Mind Institute](#) has published a resource on how to talk to young people about COVID-19.

The Centers for Disease Control (CDC) has guidance on managing mental health and coping during COVID-19 for children and caregivers.

The CDC offers many helpful links as our city and nation navigate this virus including:

[Mental Health and Coping During COVID-19](#)

[Coping with Stress During Infectious Disease Outbreaks](#)

[Coping with a Disaster or Traumatic Event](#)

[Taking Care of Your Behavioral Health: Tips for social distancing, quarantine, and isolation during an infectious disease outbreak](#)

SAMHSA Resources:

[Tips and resources](#) related to mental health and social distancing/isolation SAMHSA.

Cascade Centers:

Upcoming webinars on [Maintaining Emotional Well-being During COVID-19 Outbreak](#) and [COVID-19 Outbreak: Proving Leadership During Uncertain Times](#).

[Managing Your Anxiety about Coronavirus \(COVID-19\)](#)

[COVID-19: How to Prepare Your Family](#)

[Financial Resources for Health Emergencies](#)