

Get help

Confidential and free resources for medical staff members.

Crisis resources

Emergency situations
Get help now

National Suicide Prevention Lifeline

1-800-273-8255

County Mental Health Crisis Hotlines

Multnomah: **503-988-4888** • Clackamas: **503-655-8585** • Marion: **800-560-5535**
Washington: **503-291-9111** • Clark: **800-626-8137** • Yamhill: **844-842-8200**

Provider peer support

Support from a trained
colleague to help navigate
challenging situations

The Legacy Provider Peer Support Program matches providers with a trained volunteer peer supporter who will listen and offer support. Intended for any significant emotional support, such as involvement in an adverse event.

To refer yourself or a colleague, email providerpeersupport@lhs.org.

Mental health resources and counseling

Ongoing options for
support, including
counseling

Oregon Wellness Program

Up to 8, free and confidential counseling sessions and additional wellness resources for licensed physicians, P.A.s and APPs, including Legacy Salmon Creek providers. Regional counseling services, including telemedicine.

www.oregonwellnessprogram.org

541-242-2805

Medical Society of Metropolitan Portland (MSMP)

A safe harbor for physicians and P.A.s to seek help. Includes counseling resources.

www.msmp.org

503-764-5663

Washington Physicians Health Program

Wellness programs and resources for Washington providers.

www.wphp.org

800-552-7236

Employee Assistance Program (EAP) for Legacy-employed providers

Assistance with issues such as depression or anxiety, stress, alcohol and drug abuse, identity theft, and financial or legal issues. Counselors available 24/7.

www.cascadecenters.com

Portland area: **503-639-3009** • Salem area: **503-588-0777** • Other areas: **800-433-2320**

Resident and fellows wellness program — Oregon Health & Science University (OHSU)

Help with personal or professional problems. Consultation or help finding resources. Available to all Legacy residents and fellows part of Legacy's GME programs.

Eys@ohsu.edu (1-1291) • Moffitm@ohsu.edu (1-2047) • Soller@ohsu.edu (1-0767)
Valdezm@ohsu.edu (1-4234)

503-494-9000 • Pager: 1-0975

For Advanced Practice Nurses — State Boards of Nursing

A list of resources or contact information for those in need.

www.oregon.gov/OSBN

www.doh.wa.gov (search Washington Health Professional Services),

360-236-2880, option 1

Your information and use of these resources is not shared with employers or the Oregon or Washington medical boards.

www.legacyhealth.org

