

Has your emotional health and wellness been impacted by COVID-19?

## Free\* Telebehavioral Health

Pacific Psychology and Comprehensive Health Clinics are offering eligible individuals 1 to 4 free telebehavioral health sessions focused on skills training to manage the stressors caused by the pandemic. If you are interested in this service **Please leave a message** at one of our offices with your name and phone number and let us know you are calling about our *rapid response team services*. \*We will return your call to complete an eligibility determination.

These telehealth services are offered via secure video conference or phone

Learn skills & relaxation techniques to help manage:

- Depression & sadness
- Anxiety & worry
- Sleep difficulties
- Relationship problems
- Family difficulties
- Feelings of isolation
- Changes in routine
- Changes in motivation
- Uncertainty

and more!

**TWO LOCATIONS SERVING ALL RESIDENTS OF OREGON**

Portland Office: 503-352-2400 X 8135  
Hillsboro Office: 503-352-7333 X 8135

Offering Bilingual Services in Spanish & English

PACIFIC  
psychology &  
COMPREHENSIVE HEALTH  
CLINIC