

MENTAL HEALTH SUPPORT FOR COVID-19 FRONT- LINE AND HEALTH WORKERS

The Oregon Psychoanalytic Center (OPC) recognizes that front-line workers are heavily taxed right now, and we want to remove as many barriers as we can to the process of finding available mental health care and support. Our intent is to help provide leads to pro-bono tele-psychotherapy during this crisis as well as ongoing psychotherapy if further support is desired.

Here is a list of psychotherapists and psychoanalysts from the OPC community who are willing to meet for 2-5 consultation meetings, pro bono, with front-line workers in need of mental health support. It is recommended you discuss your specific expectations and needs with the clinician before starting.

To access this updated list, please visit:

<https://orpc.memberclicks.net/counseling-and-support-for-covid-19-front-line-and-health-workers>

When calling these clinicians, please mention the OPC COVID-19 referral list.

Please note: This is not a list for emergency mental healthcare. If you are experiencing a mental health crisis where safety is imminently threatened, please call 9-1-1 or seek emergency services.

If you have questions or concerns about this resource, please direct them to Alice Huang, MD at alice.huang.md@gmail.com

