

# How's it going?

If you or someone you love needs to talk, call the Clackamas County Crisis and Support Line at 503-655-8585.

# Go Teams Are Ready to Help!

Feeling isolated or alone? Are things too stressful right now, or overwhelming? We want to help.

Go Teams are made up of people trained to listen and provide support in times of struggle. Go Team members are not therapists, but we are really good at listening. We will try to help reduce distress, work to improve existing coping skills, and will help you locate other resources if needed. We can assess the need for different kinds of support and provide help navigating all the options available.

We will listen to your story. We can help with a referral or a resource. Give us a chance to be there for you.



**Clackamas County**  
**Go Teams**  
**503-655-8585**

