Mental Wellness Resources

PPS Parents/Caregivers:

Everyone is struggling in some way. You aren't alone. We care about your wellness. There are people and community organizations who can support you and your family.

If you are worried about your child or yourself, connect with any of the below supports and/or share your concerns with your medical provider.

Your health insurance may also have helpful resources. Call the # on the back of your insurance card. For information on getting health insurance: **Project Access Now** 503.345.6576 (interpretation available).

Your **school counselor**, **school social worker**, or **school psychologist** can also help connect you to mental wellness supports and services at your school or in the community.