

# Behavioral Health Support Line

**A free and easy support option for clients waiting for ongoing care.**

The Behavioral Health Support Line serves anyone in Oregon over 18 years of age.

## **Immediate Support**

24/7 intake support from a call counselor

## **Free Short-Term Therapy**

Up to 4 free 45-minute phone counseling sessions

## **Long-Term Wellness**

Resource referral and help connecting to ongoing care

**24/7 | Free | Confidential | For Anyone in Oregon | Age 18+**



lines *for* life

Behavioral Health Support Line



# Spread the word!

- **Offer** [www.behavioralhealthsupportline.org](http://www.behavioralhealthsupportline.org) to waitlisted counseling clients.
- **Suggest** [www.behavioralhealthsupportline.org](http://www.behavioralhealthsupportline.org) when clients delay, pause, or end care.
- **Email** [communications@linesforlife.org](mailto:communications@linesforlife.org) for physical materials promoting the line.

**[www.behavioralhealthsupportline.org](http://www.behavioralhealthsupportline.org)**

**1.800.923.4357**

Service available in English and Spanish.

The Behavioral Health Support Line is a state-funded service of Lines for Life and Oregon Health Authority.

