



**YOU'RE NOT
ALONE**

HELP IS AVAILABLE



CRISIS LINE

**Call 1-800-866-9780
Available 24/7**

**Compassionate. Safe.
Non-Judgmental.**

Crisis Services are provided by Adapt Integrated Health Care as a community service to all Douglas County residents.

ADAPTOROREGON.ORG ✦ 24/7 CRISIS LINE 1-800-866-9780