



What is the CARE Program?

The CARE Program provides advocacy, direct and support services to victims and survivors of domestic violence (DV), sexual assault (SA), dating violence and stalking.

We focus on providing culturally appropriate services and education to Native American survivors. We partner with other tribal programs, as well outside agencies in order to find the best options for services for survivors.

Who do we serve?

We can provide services to victims of domestic violence, sexual assault, dating violence or stalking who are:

- Members of the Siletz community
- Members of any tribe who reside in our service area, which includes; Lincoln, Lane, Linn, Benton, Marion, Polk, Washington, Multnomah, Clackamas, Yamhill, and Tillamook counties.
- -OR- Siletz Tribal members living anywhere.

Some of our services include:

- Crisis response
- Safety planning
- Connecting with resources
- Facilitating support groups
- Education & awareness activities
- Training for Professionals
- Moral support
- Court accompaniment
- Direct client support

You can reach us at:

Office: 541-444-9680

24 Hour Hope Line:
541-994-5959

CARE Program services are strictly

CONFIDENTIAL

July is Minority Mental Health Awareness Month!

July was designated as Minority Mental Health Awareness Month in 2008 to bring awareness to the unique struggles that underrepresented groups face in regard to mental illness in the United States.

Here are some ways you can engage in Minority Mental Health Awareness Month:

- ♦ Regularly check in with your friends! Talk to your loved ones about how they are feeling, especially if you know they are dealing with a mental illness.
- ♦ Share your story. Have you personally struggled or currently struggle with mental illness? Don't hesitate to tell friends and family about it. Your story can encourage others to ask for help.
- ♦ Read about it. Educate yourself about mental illness and suicide. Learn about the signs and symptoms and where to receive help in your area.

If you need to reach out, these are crisis lines available to you:

Text: CONNECT to 741741

National Crisis Line: 1-800-273-8255

Oregon youth line: 877.968.8491 or Text teen2teen to 839863

