

## Need More Information or Have COVID-19 Questions?

Lincoln County residents have two call centers that are open and ready to help with your questions relating to COVID-19 (Coronavirus).

### Lincoln County Call Center

Phone: 541-265-0621, open 9am - 4:30pm, Monday-Friday

Email: [lincolncocallcenter@co.lincoln.or.us](mailto:lincolncocallcenter@co.lincoln.or.us) -monitored 8am - 5pm

### Samaritan Healthline

Phone: 541-451-7425, open 8am - 7:30pm everyday.



Revised: 4/10/2020



# Healthy Coping



During this stressful time, don't forget to take care of yourself with healthy activities. Using substances to relax or cope causes stresses in your body and can lead to addiction and other negative health outcomes.

#### Try these instead:

- ♥ Take a break from the news and social media.
- ♥ Go for a walk or complete an exercise video.
- ♥ Draw, paint, or do something creative.
- ♥ Journal, meditate, or talk with a friend.
- ♥ Take a bath or a nap.
- ♥ Call the Lincoln County Mental Health Crisis line to talk with a counselor: 866-266-0288
- ♥ Connect with our Call Center: 541-265-0621 or [lincolncocallcenter@co.lincoln.or.us](mailto:lincolncocallcenter@co.lincoln.or.us)

The **Disaster Distress Helpline**, 800-985-5990, is a 24/7, 365-day-a-year national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

The federal government is looking to fill various positions to help respond to and fight COVID-19. Positions are listed at [USAJOBS.gov](https://www.usajobs.gov).

Below is a map of Community Action Agencies throughout Oregon. All of the agencies have their own websites and phone numbers are listed below. Each agency receives "Emergency Housing Account" and "State Homeless Assistance Program" funds that can be used to pay for short-term emergency assistance like hotel/motel. Some have Rapid Rehousing programs or other housing programs.

ACCESS - 541-779-6691

Community Action Agency (CAO) - 503-693-3221

Community Action Program of East Central Oregon (CAPECO) 800-752-1139/541-278-5671

Community Action Team, Inc (CAT) - 503-397-3511, ext. 2003

Community Connection of NE Oregon (CCNO) - 541-963-3186 Office/541-786-2311 Cell

Clackamas County Social Services (CCSS) - 503-655-8641

Community in Action (CinA) - 541-889-1060, ext. 101

Community Services Consortium (CSC) - 541-704-7627

Klamath/Lake Community Action Services (KLCAS) -541-882-3500

Lane County Human Services Division (LCHSD) - 541-682-3797

Mid-Columbia Community Action Council (MCCAC) - 541-298-5131

Multnomah County Dept. of County Human Services - 503-988-7453

Mid-Willamette Valley Community Action Agency (MWVCAA) - 503-585-6232

NeighborImpact - 541-323-6502

Oregon Human Development Corporation (OHDC) - 503-245-2600

Oregon Coast Community Action (ORCCA) - 541-435-7080/541-435-7773

United Community Action Network (UCAN) - 541-492-3501

Yamhill Community Action Partnership (YCAP) - 503-883-4172



Community Action Partnership of Oregon  
Helping People. Changing Lives.

Programs/Services Offered By Community Action Agencies

	ACCESS Jackson County	Community Action Agency (CAO) Washington County	Community Action Program of East Central Oregon (CAPECO) Grant, Morrow, Umatilla and Wheeler Counties	Community Action Team, Inc. (CAT) Clatsop, Columbia and Tillamook Counties	Community Connection of NE Oregon (CCNO) Baker, Grant, Union and Wallowa Counties	Clackamas Social Services (CCSS) Clackamas County	Community Services Consortium (CSC) Benton, Lincoln and Linn Counties	Community in Action (CinA) Herny and Malheur Counties	Klamath/Lake Community Action Services (KLCAS) Klamath and Lake Counties	Lane County Human Services Division (LCHSD) Lane County	Mid-Columbia Community Action Council (MCCAC) Hood River, Sherman and Wasco Counties	Multnomah Dept. of County Human Services Multnomah County	Mid-Willamette Valley Community Action Agency Marion and Polk Counties	Neighbor Impact (NI) Crook, Deschutes and Jefferson Counties and the Confederated Tribes of Warm Springs	Oregon Coast Community Action (ORCCA) Coos and Curry Counties	United Community Action Network (UCAN) Douglas and Josephine Counties	Yamhill Community Action Partnership (YCAP) Yamhill County	Oregon Human Development Corporation (OHDC) Statewide
Advocacy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Child Care	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Community/Economic Development	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Domestic Violence Victims Assistance	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Employment Training	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Energy Assistance (LIHEAP)/Weatherization	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Family/Homeless Shelters	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Food	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Programs for home buyers, owners and renters	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Head Start	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Housing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Information and Referral Service	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
In-Home Care/Lifespan Respite Care	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Life Skills/Parent Training/Self-Sufficiency Programs	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Migrant/Farmworker Services	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Transportation	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Senior/Youth Services	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Veterans Services	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Volunteer Services	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Community Action services in Oregon are provided through an array of funding sources such as CSBG, ESG, HUD Continuum of Care, VA SSVF, etc.

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[www.caporegon.org](http://www.caporegon.org)