



HEALTH & WELLNESS NEWS

ACUPUNCTURE with Mallory

THURSDAYS starting MAY 12

@ Grand Ronde Health and Wellness Center



Acupuncture can help with...

- pain
- headaches/migraines
- digestive issues
- women's health issues
- emotional pain & trauma
- diabetic neuropathy
- addictions
- and so much more!

Questions or to schedule:

CALL OR TEXT: 503-482-9370

EMAIL: info@yourdearbody.com



Coming to Indian Country: 988 and the National Suicide Prevention Lifeline



Why do we need 988?

Suicide is the second leading cause of death for Native youth ages 10-24. Native communities experience the highest rates of suicide amongst all racial and ethnic groups in the United States, and suicide rates among American Indian and Alaska Native communities rose by 118% between 1999 and 2017.

Suicide is preventable. 988 is one step in the direction of saving lives. This early intervention can reduce the burden on 911 and hospital services. 988 will move mental health and substance use services out of the shadows and into the mainstream; it will send a message that healing and getting help are normal and important parts of life.



What is 988?

988 is a direct three-digit line to trained National Suicide Prevention Lifeline crisis counselors that will go live **July 16, 2022**. With an easy to remember 3-digit number, the Lifeline hopes to reach many more people in emotional crisis. This service is provided free of charge to the caller. Any person of any age can call or text 988; services will be available 24/7, year round. They will include a text option, translation services for non-English speakers, accessible options for people who are deaf or hard of hearing, and services for minors.

When you've got a police, fire, or rescue emergency, you call 911. When you have a mental health emergency, you call/text 988.



How will this affect my community?

The impact of 988 will vary from community to community. If your community has reliable phone and 911 services, it will now have access to 988 24/7. Community members will be able to receive confidential services during mental health emergencies with minimal involvement of police or hospitals. If you live in an area where connecting to 911 services is difficult, you may experience the same with 988. Please know that chatting via the suicidepreventionlifeline.org website, texting NATIVE to the Crisis Text Line at 741741, or texting 988 when available may be the best ways to connect in these communities.



REV. 03/2022

Great Circle Shuttle Service:

Look for the White Van

Drivers: Jonathan Little and Joel Selwyn

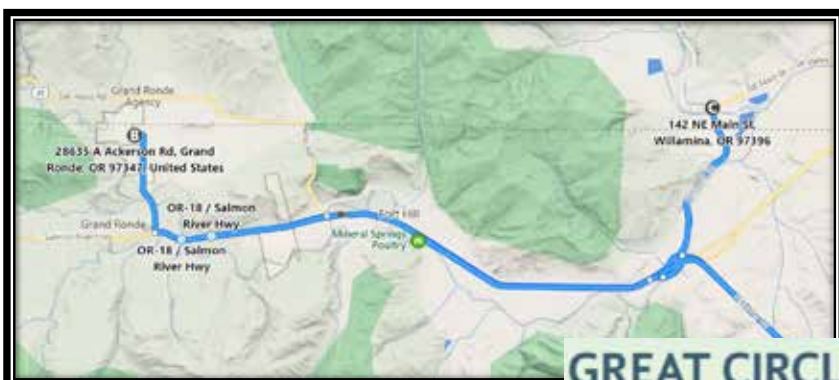
Salem to Grand Ronde/ Willamina 2 Trips per Day AM/PM pick up and drop offs

Beginning Monday May 9th

This is for people seeking transport between Great Circle Recovery and Health and Wellness.

No fare---free service

Call 503.983.9900 for more information



Great Circle Grand Ronde Bus Schedule

| Pick-Up Locations | Great Circle Recovery | Community Center Grand Ronde | Coyote Joes Willamina | Great Circle Recovery |
|-------------------|-----------------------|------------------------------|-----------------------|-----------------------|
| Stop Number | 1 | 2 | 3 | 4 |
| Trip 1 | 6:55 | 7:30 | 7:45 | 8:30 |
| Trip 2 | 10:20 | 11:00 | 11:15 | 11:45 |
| Trip 3 | 1:35 | 2:10 | 2:25 | 3:00 |

1011 Commercial Street NE
Suite 110 Salem, OR 97301
503-983-9900



GREAT CIRCLE RECOVERY

Opioid addiction can happen to anyone.

So can recovery.

Call us today
1-888-983-9866

Your privacy and confidentiality is important to us.

