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BLACK MENTAL HEALTH MATTERS

Grief

Stress

Anxiety

Depression

Just because you're at home more, doesn't mean you're alone in dealing with the difficulties of life

Reach out to any of the contacts below and get connected to a culturally specific Black mental health specialist

Central City Concern Imani Center - 503-226-4060

Lifeworks NW Project Network - 503-335-0855

Multnomah County Behavioral Health Call Center - 503-988-4888

OHSU Avel Gordly Center For Healing - 503-418-5311

The Umoja Center - 503-282-3296



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