

PARENTING CAN
BE CHALLENGING.
WE'RE IN IT TOGETHER.



We're listening.

Reach Out Oregon is a non-crisis “warmline” listening service and resource website for parents & caregivers with children who struggle with emotional, behavioral, and mental health challenges.

- Call in and chat with a Family Support Facilitator.
- Live-chat with a trained listener on our website
- Find resources for support in your region
- Talk parent-to-parent on our discussion boards
- Open lines Monday-Friday 12pm-7pm.



A Support Team
of Families and Friends

Call 1-833-732-2467

Live-chat at www.reachoutoregon.org or
Facebook messenger on our Reach Out Oregon page

Brought to you by: Oregon Family Support Network