



Tips to support better health and wellness

Crisis Services: 988 is the easy to remember three-digit dialing code connecting people to the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline), where support from trained crisis counselors is available 24/7 nationwide for anyone experiencing a mental health or substance use crisis or any other emotional distress. Local help is also available by calling Josephine County's 24-hour crisis line at 541-474-5360 or Jackson County's 24-Crisis line at 541-774-8201

Healthy Nutrition: Fueling your body with whole foods will improve your health. It can also help you with your weight. Follow a diet low in sugar (sweets), low in saturated fats (fried food), and high in fiber (whole grains.) Try to eat at 5 servings of fruit and vegetables daily. For more information on diet visit: www.myplate.gov. Tip: Canned foods can be just as healthy. Just rinse the fruit or vegetables off with clean water. That will wash off the excess sugar and salt.

Healthy Body Size: If you are overweight, you have a higher risk of having problems with illnesses like high blood pressure, heart problems, and diabetes. We know losing weight is hard and can be overwhelming. Tip: Start with small changes and work your way to a healthier you.

Exercise: It is important to move your body every day.
Walking daily is a great start. This can be done indoors or outdoors.
Tip: Set a goal of walking 30 minutes daily. Bring along family and friends for fun!

Healthy Blood Pressure: Do you know if you have a healthy blood pressure?
If you are not sure of your blood pressure, ask one of our staff to measure it. You can also contact your primary care provider's office for a visit. Tip: At times, high blood pressure can be managed by losing weight and exercise. See your primary care for information.

Tobacco and Vaping: Using tobacco products and vaping products can lead to serious health problems. These include heart disease, lung disease, and breathing issues.

Is your goal to stop smoking?

It starts with a phone call! 1-800-QUIT-NOW (1-800-784-8669)

Español: 1-877-2NO-FUME

TTY: 1-877-6535 – Counseling is also available in American Sign Language

Addiction: Are you or a loved one struggling with drug, alcohol, or gambling addiction? Need help? We are here for you.

We have addiction trained and certified staff ready to help you take the first step.

Contact your counselor or primary care provider for treatment options.

If your gambling is out of control please call:

ARC for Jackson County 541-779-1282. Josephine County or other areas please call the National Hotline: 877-695-4648.

Ask our staff if you would like more information on these topics or for a referral to our Wellness Program.
You may also contact your primary care office.