Health Promotion



Clatsop County Department of Public Health is committed to promoting healthy living for all of its residents. Our Health Promotion team works to:

- Prevent alcohol and drug use, tobacco use, and problem gambling.
- Assist schools in implementing the comprehensive sex education program My Future My Choice.
- Promote mental health awareness and resources.
- Work with community partners to address health concerns in our community.

Resources

Clatsop Behavioral Health

- Crisis Line: 503-325-5724
- Counseling, substance use treatment, main line: 503-325-5722

National Suicide Crisis Line

• Dial: 988

Oregon Tobacco Quit Line

• Dial: 1-800-QUIT-NOW (1-800-784-8669)

Help for Gamblers - Oregon Problem Gambling Resource

• 1-877-MY-LIMIT (1-877-695-4648)

Our Efforts



Tobacco Prevention, Education, and Cessation



Public Health's Harm Reduction Program

What does "Harm Reduction" mean?Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences (i.e., negative health outcomes) associated with drug use.What is the current philosophy of Harm Reduction?Harm Reduction is a public health philosophy that seeks to...



Problem Gambling Prevention

For most adults, gambling can be a fun way to relieve stress and engage with friends. It is important to know what to watch for in case you or a loved one is at risk of problem gaming and gambling. In Oregon, it is estimated 2.6 percent of the adult population experiences moderate or serious...

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My Future My Choice

My Future-My Choice (MFMC) is a comprehensive, medically accurate, inclusive, and traumainformed sex education curriculum. It meets the 6th grade requirements of Oregon's Health Education Standards, including Erin's Law and House Bill 2509 to provide age-appropriate sex education as an integral...

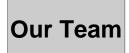
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Youth Substance Use & Overdose Prevention - Info for Parents and Caregivers

In March 2023, Clatsop and Columbia Counties collaborated to bring parents of our region various resources about youth substance use and prevention. We hosted a virtual event where we heard from local medical professionals, addiction prevention experts, drug recognition law enforcement...

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