

# 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

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### 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...

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### 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 trauma-informed 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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[CHART - Community Health Advocacy and Resource Team](#)

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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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## [Our Team](#)

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