



UA LOCAL 290



NUMBERS YOU NEED TO KNOW

Union Hall

503-691-5700

Training Center

503-691-1997

Trust Office

503-486-2104

Self-Funded

503-486-2104

Kaiser Permanente

503-813-2000

Credit Union

503-283-5193

Members Assistance

503-691-5700

Suicide Lifeline

800-273-8255

Crisis Text Line

Text HOME To 741741

Alcohol & Drug Helpline

800-923-4357

**Recovery Treatment
Access**

855-612-5576

Military Helpline

888-457-4838

**Employee Assistance
Program**

1-800-777-4114