



# **Umatilla Morrow Head Start Parent Assistance Program**

**provides you confidential help 24  
hours a day, 7 days per week for....**

- **Psychological problems**
- **Relationship difficulties**
- **Anxiety and Depression**
- **Stress**
- **Alcohol and Drug problems**
- **Financial concerns**
- **Other life challenges**

**Call (800) 654-9778**

**When you call Tell them you are a**

**Umatilla Morrow  
Head Start Parent**