



Oregon

Tina Kotek, Governor

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Oregon Mental Health Regulatory Agency Boards Recognized as 2026 Wellbeing First Champions for Supporting Health Workers' Access to Mental Health Care

Oregon Board of Licensed Professional Counselors and Therapists and Oregon Board of Psychology Verified by ALL IN: Wellbeing First for Healthcare, Ensuring No Invasive Mental Health Questions on Licensing Applications

Salem, Oregon, July 20, 2026, — The Mental Health Regulatory Agency (MHRA) is proud to announce the recognition of its two boards as 2026 Wellbeing First Champions by [ALL IN: Wellbeing First for Healthcare](#). As Wellbeing First Champions, the Boards have verified that all licensing applications and materials are free from intrusive, stigmatizing mental health questions. This means that 15,000 Oregon behavioral health licensees, registrants, and temporary practitioners can seek mental health care or treatment for substance use without fear of losing their license.

“I’m proud to represent the first behavioral health boards in the country to receive this honor. This recognition affirms our commitment to evolving how regulation is experienced by the professionals we serve. Through intentional, incremental improvements, our board and staff have worked to reduce unnecessary barriers and stigma around seeking mental health care. We know that regulators are not always viewed as allies, but we believe that public protection and compassion are not mutually exclusive. We can uphold our standards while also supporting the well-being of the professionals who care for others.” –Todd Younkin, MHRA Executive Director

Like everyone, health workers deserve the right to pursue mental health care confidentially. This important milestone brings us one step closer to changing the culture in healthcare and ensuring our Oregon health workers know their mental health and wellbeing is a priority.

“In the midst of a behavioral health workforce crisis, every effort to ensure providers are supported in accessing their own healthcare is critical,” First Lady Aimee Kotek Wilson, chair of the Behavioral Health Talent Council, said. “Congratulations to MHRA, the Oregon Board of Licensed Professional Counselors and Therapists and Oregon Board of Psychology for this national recognition.”

“Every health worker is a human being who carries the immense weight of caring for others. For too long, our caregivers have suffered in silence, fearing that seeking the confidential mental health care they need would cost them the career they love,” said Corey Feist, CEO and Co-Founder of the Dr. Lorna Breen Heroes’ Foundation, which leads the ALL IN: Wellbeing First for Healthcare coalition. “The Oregon MHRA boards are breaking that silence—sending a powerful, compassionate message to their workforce that your life matters as much as your livelihood, and you never have to choose between the two.”

The ALL IN for Mental Health initiative provides helpful national resources that include free, confidential mental health support for health workers, including peer support and 24/7 crisis support, and information about how institutions may become Wellbeing First Champions.

[MHRA](#) provides centralized administrative and regulatory oversight to the regulated boards involved in protecting the public from harm through the licensing and regulations of behavioral and mental health professions in Oregon. These professions include psychologists, professional counselors, and marriage and family therapists.

About ALL IN: Wellbeing First for Healthcare

[ALL IN: Wellbeing First for Healthcare](#), led by the [Dr. Lorna Breen Heroes' Foundation](#), is a coalition of national organizations dedicated to advancing a state where the healthcare workforce's wellbeing is prioritized, and health workers feel valued and supported so they can sustain their sense of purpose and meaning in their work.

Coalition members include American Association of Colleges of Nursing, American Association of Nurse Anesthesiology, American Association of Nurse Practitioners, American College of Emergency Physicians, American College of Surgeons, American Dental Association, American Foundation for Suicide Prevention, America's Health Insurance Plans, American Hospital Association, American Medical Association, American Nurses Association, American Nurses Credentialing Center, American Psychiatric Association Foundation, American Society of Health-System Pharmacists, American Urological Association, CAA Foundation, CHARM, Emergency Nurses Association, Epic, Federation of State Physician Health Programs, FEMinEM, FIGS, Harvard T.H. Chan School of Public Health, Heart of Safety Coalition, Institute for Healthcare Improvement, Johnson & Johnson Foundation, Medicine Forward, Moral Injury of Healthcare, National Black Nurses Association, National Medical Association, Philippine Nurses Association of America, The Physicians Foundation, the Schwartz Center for Compassionate Healthcare, Surgeon Well-Being Coalition, and Thrive Global Foundation.