

If you or someone you know is in crisis, please dial 911 or go to the nearest emergency room.

Referral services: 211 | 211.org

Crisis Counseling via the Disaster Distress Helpline: 1-800-985-5990 | samhsa.gov

Suicide Prevention (United States): 1-800-273-TALK (8255) | suicidepreventionlifeline.org

Youth Hotline: 1-877-968-8491 | oregonyouthline.org or text “teen2teen” to 839863

County Crisis Lines:

- **Multnomah Co. Crisis Line:** 503-988-4888
- **Washington Co. Crisis Line:** 503-291-9111
- **Clackamas Co. Crisis Line:** 503-655-8585

Self-Injury/Cutting: 1-800-366-8288 | selfinjury.com

Trevor Hotline for LGBTQ Youth: 1-866-488-7386 | thetrevorproject.org

Eating Disorders: 1-800-931-2237 | nationaleatingdisorders.org

Runaway Hotline: 1-800-231-6946 | 1800runaway.org

Child Abuse Hotline: 1-800-422-4453 | childhelp.org/hotline/

Sexual Assault Hotline: 1-800-656-4673 | rainn.org

Sexual Assault Resource Center: 503-640-5311 | sarcoregon.org

Domestic/Relationship Violence Hotline: 1-800-799-7233 | thehotline.org

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline | samhsa.gov/find-help/national-helpline

Grief Support: dougy.org

Depression Information: nimh.nih.gov

National Institute on Drug Abuse: nida.nih.gov

Other resources for developing healthy lifestyles, including mental and emotional help: helpguide.org