



Portland Metro and Nationwide Crisis & Helpline Resources

- **Alcohol and Drug Helpline:** 800.923.4357
 - Text Support: Text RecoveryNow to 839863
 - <https://www.linesforlife.org/alcohol-and-drug-helpline/>
- **Ayuda En Español:** 888.628.9454
 - <https://suicidepreventionlifeline.org/help-yourself/en-espanol/>
- **BlackLine:** 800.604.5841
 - Text support is also available
 - <https://www.callblackline.com/>
- **Call to Safety:** 888.235.5333
 - <https://calltosafety.org/>
- **Caregiver Action Network Help Desk:** 855.227.3640
 - <https://caregiveraction.org/where%E2%80%99s-help-i-need-caregiving-during-pandemic>
- **Clackamas County Crisis Line:** 503.655.8585
 - <https://www.oregon.gov/oha/ph/preventionwellness/safeliving/suicideprevention/pages/crisislines.aspx>
- **Clackamas Women's Services:** 888.654.2288
 - <https://www.cwsor.org/>
- **Crisis Text Line:**
 - Text Support: Text HELLO to 741741
 - <https://www.crisistextline.org/>
- **David Romprey Oregon Warmline:** 800.698.2392
 - <http://communitycounselingsolutions.org/warmline/>
- **Deaf Hotline:** 855.812.1001
 - <https://www.thehotline.org/resources/deaf-deafblind-hard-of-hearing-services/>



Portland Metro and Nationwide Crisis & Helpline Resources

- **Friends for Survival:** 800.646.7322
 - <https://friendsforsurvival.org/>
- **LGBT National Help Center:** 888.843-.564
 - <https://www.glbthotline.org/national-hotline.html>
- **LGBT National Youth Talkline:** 800.246.7743
 - <https://www.glbthotline.org/youth-talkline.html>
- **LGBT National Senior Hotline:** 888.234.7243
 - <https://www.glbthotline.org/>
- **Military Helpline:** 888.457.4838
 - Text Support: Text MIL1 to 839863
 - <https://www.linesforlife.org/mhl/>
- **Multnomah County Crisis Line:** 503.988.4888
 - <https://www.oregon.gov/oha/ph/preventionwellness/safeliving/suicideprevention/pages/crisislines.aspx>
- **National Domestic Violence Hotline:** 800.799.7233
 - Online chat also available
 - <https://www.thehotline.org/>
- **National Parent Helpline:** 855.427.2736
 - <https://www.nationalparenthelpline.org/articlesblogs/nph-blog>
- **National Suicide Prevention Lifeline:** 800.273.8255
 - Text Support: Text 273TALK to 839863
 - Online chat also available
 - <https://suicidepreventionlifeline.org/>
- **Oregon Helpers Wellness Initiative**
 - <https://www.linesforlife.org/helpers/>



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- **Oregon Youthline:** 877.968.8491
 - Text Support: Text teen2teen to 839863
 - Online chat also available
 - <https://oregonyouthline.org/>
- **People's Crisis Line:** 503.200.7993
 - <https://www.facebook.com/peoplescrisisline/>
- **Proyecto UNICA:** 503.232.4448
 - <https://www.projectunica.org/services/hotline-safety-planning/>
- **Racial Equity Support Line:** 503.575.3764
 - <https://www.linesforlife.org/racial-equity-support-line/>
- **RAINN National Sexual Assault Hotline:** 800.656.HOPE (4673)
 - Online chat also available
 - https://hotline.rainn.org/online?_ga=2.1272049.1121455869.1584120887-1734706098.1584120887
- **RECOVERY NOW: Treatment Access Line:** 855.612.5576
 - <https://www.treatmentaccessline.org/>
- **Safe + Strong (OR Behavioral Health Support Line):** 800.923.HELP (4357)
 - <https://www.linesforlife.org/obhsl/>
- **SAMHSA's Disaster Distress Helpline:** 800.985.5990
 - Text TalkWithUs to 66746
 - <https://www.samhsa.gov/find-help/disaster-distress-helpline>
- **Senior Loneliness Line:** 503.200.1633
 - <http://seniorlonelinessline.org/>
- **Sexual Assault Resource Center (SARC):** 888.640.5311
 - <https://sarcoregon.org/get-help-now/>
- **StrongHearts Native Helpline:** 844.762.8483
 - <https://www.strongheartshelpline.org/get-help/>



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- **Trans LifeLine:** 877.565.8860
 - <https://translifeline.org/>
- **TrevorLifeline:** 866.488.7386
 - Text Support: Text START to 678678
 - <https://www.thetrevorproject.org/get-help-now/>
- **Veterans Crisis Line:** 800.273.8255 and Press 1
 - Text Support: Text 838255
 - <https://www.veteranscrisisline.net/>
- **Washington County Crisis Line:** 503.291.9111
 - <https://www.oregon.gov/oha/ph/preventionwellness/safeliving/suicideprevention/pages/crisislines.aspx>