

24/7 Crisis and Support Services

Clackamas County
503-655-8585

Multnomah County
503-988-4888

Washington County
503-291-9111

You are not alone.

Crisis Text Line - 24/7

text HOME to 741741 | crisistextline.org/texting-in

Oregon Youthline - 24/7

877-968-8491 | Text: teen2teen to 839863

Email: youthl@linesforlife.org

National Suicide Prevention Lifeline - 24/7

800-273-TALK

Senior Loneliness Line | 24/7 support to older adults

503-200-1633

Trans Lifeline's Peer Support Hotline - 24/7

877-565-8860 | 7 a.m. to 1 a.m., 7 days/week

The Trevor Project Suicide Prevention Lifeline for LGBTQ Youth

1-866-4-U-TREVOR | (866-488-7386)

Veterans Crisis Line - 24/7

1-800-273-8255 press #1