



# How to Find Help for Yourself and Others

Resources for youth and young adults

## Youth and Young Adult Specific Resources

- **Oregon Youth Line**  
1-877-968-8491 (text “teen2teen” at 839863)  
Chat (adult support available 24/7; teens available 4–10 p.m.)
- **Trevor Project for LGBTQIA2S+ Youth**  
1-866-488-7386 (available 24/7)
- **Youth Era: Youth Peer Support**  
971-334-9295  
[www.youthera.org](http://www.youthera.org)  
Available via chat or Twitch.
- **Youth Era: Suicide Survivor Support Group**  
[www.youthera.org](http://www.youthera.org)  
Clackamas Drop In Center; Tuesdays at 4 p.m.

## Substance Use Resources

- **Craft Family Support Recovery Program**  
[www.overdoselifeline.org](http://www.overdoselifeline.org)  
For individuals affected by another’s substance misuse. CRAFT is an evidence-based, compassionate, and effective approach for engaging a reluctant loved one into treatment.
- **Smart Recovery**  
[www.smartrecovery.org](http://www.smartrecovery.org)  
SMART Recovery has helped people beat their addictions and lead rich, happy, healthy lives. Their help is FREE and available to anybody with any addictive problem.
- **Alcoholic Anonymous**  
<https://alcoholicsanonymous.com/aa-meetings/oregon/clackamas/> (sort for youth meetings)
- **Al-Anon/Alateen**  
[www.oregonal-anon.org/district-10](http://www.oregonal-anon.org/district-10) (sort for youth meetings)  
For people impacted by other people’s drinking.

## Resources Across the Life Span

- **Clackamas County Crisis & Help Line**  
503-655-8585 (available 24/7)
- **Clark County/SW Washington Crisis Line**  
800-626-8137 (available 24/7)
- **Multnomah County Call Center**  
503-988-4888 (available 24/7)

- **Portland Street Response**  
Call 911 and request PSR  
Email: [psrinfo@portlandoregon.gov](mailto:psrinfo@portlandoregon.gov)  
A program within Portland Fire & Rescue, assisting people experiencing mental health and behavioral health crises. The program is currently responding citywide.
- **Washington County Crisis Line**  
503-291-9111 (available 24/7)
- **988 Suicide & Crisis Lifeline**  
988 or 1-800-273-TALK (available 24/7)
- **Línea de vida nacional para la prevención del suicidio**  
1-888-628-9454 (Disponible las 24 horas del día y los siete días de la semana)  
Spanish Crisis Text Line: Texto con la palabra "AYUDA" to 741741 (free, available 24/7)
- **Clackamas Women's Services**  
503-654-2288 or 88-654-2288 (toll free, available 24/7)  
[www.cwsor.org](http://www.cwsor.org)  
For domestic and sexual violence support. Confidential.
- **Call to Safety**  
503-235-5333 or 800-235-5333 (toll free)  
Text: 503-235-5333  
[www.calltosafety.org](http://www.calltosafety.org)  
For domestic and sexual violence support.
- **Parent Warmline for Oregon**  
833-732-2467 (Noon – 7 p.m Tuesdays, Wednesdays and Thursdays, except holidays)
- **Dave Romprey Oregon Warm Line**  
1-800-698-2392 (toll free, 9 a.m. – 11 p.m.)  
[www.communitycounseling.org](http://www.communitycounseling.org)
- **Crisis Text Line**  
Text HOME to 741741 (free, available 24/7)
- **Racial Equity Support Line**  
503-575-3764  
[www.linesforlife.org/racial-equity-support-line](http://www.linesforlife.org/racial-equity-support-line)  
Peer support for individuals and families mentally and emotionally impacted by racism.
- **Experiencing the trauma of racism Crisis Text Line**  
Text "Indigenous" to 741741 (free, available 24/7)
- **Native Crisis Text Line**  
Text "Native" to 741741 (free, available 24/7)
- **Alcohol & Drug Helpline**  
800-923-4357 (available 24/7)  
Text "RecoveryNow" to 839863 (8 a.m. – 11 p.m.)
- **National Alliance for Mental Illness**  
[www.namior.org](http://www.namior.org)
- **Oregon Helpline**  
503-230-8009; 800-343-6264 (toll free, Mon – Fri, 9 a.m. to 5 p.m.)  
For support from people who have experienced and understand mental health issues.
- **Online Support Groups**  
[www.namicc.org/support-groups](http://www.namicc.org/support-groups)
- **Community Education**  
[www.namicc.org/education-classes](http://www.namicc.org/education-classes)