

## Resources for SMA

**Emergency Line:** 9-1-1

**Crisis Hotlines:**

Multnomah County (503) 988-4888

Washington County (503) 291-9111

Clackamas County (503) 655-8585

**Suicide Prevention and Support:**

National Suicide Hotline (800) 273-8255 (Local Lines for Life)

Crisis Text Line- Text "HOME" to 741741

National Youth Suicide Hotline (877) 968-8491

Youth Text Line- Text "TEEN2TEEN" to 839863

Teen staff available 4pm-10pm

Online Youth Chat- [www.oregonyouthline.org](http://www.oregonyouthline.org)

LGBTQ Focused- Trevor Project (866) 4-U-TREVOR

**Mental Health Crisis Centers:**

Multnomah County- Cascadia Urgent Walk- In Clinic (503) 963-2575

4212 SE Division, Portland, OR 97216

Washington County- Hawthorne Walk- In Clinic (503) 846-4555

5240 NE Elam Young Parkway, Hillsboro, OR 97124

Clackamas County- Centerstone Clinic (503) 742-5335

11211 SE 82<sup>nd</sup> Ave, Portland, OR 97086

Online Services:

Active Minds- <https://www.activeminds.org/about-mental-health/get-help-now/>

Teen and Youth Help- <https://teenlineonline.org/talk-now/>

**Child Abuse:**

Multnomah County (503) 731-3100

Washington County (503) 681-6917

Clackamas County (971) 673-7112

**Sexual Abuse:**

Sexual Assault Resource Center (503) 640-5311

Portland's Women's Crisis Line (503) 235-5333

**Substance Abuse Support:**

Alcohol and Drug HelpLine (800) 923-4357

Lines for Life (503) 244-5211

SAMHSA National Hotline (800) 662-HELP(4357)

Youth Line- The Recovery Village (855) 999-9573

**LGBTQ Support:**

GLBT National Youth Talkline (800) 246-PRIDE (7743)

Trevor Project (866) 4-U-TREVOR

**FREE PHONE APPS**

Ask a Friend- Recognize signs of suicidal thoughts and learn how to offer or ask for help

My3- Create personal safety plan and identifying coping strategies & resources

HELP Prevent Suicide- Links to National Suicide Prevention Hotline & helpful resources