

National Suicide Prevention Lifeline (For help with thoughts of suicide): 1-800-273-8255

Veterans Crisis Line (For veterans and those who care about them): 1-800-273-8255, press 1

Alcohol & Drug Helpline (For substance use help): 800-923-4357

Youthline (For teen-to-teen support): 877-968-8491/text teen2teen to 839-863

- 24/7 lines but staffed by trained youth peer counselors 4-10pm PST

Trans Lifeline (For trans-led support): 877-565-8860

The Trevor Project (For LGBTQ+ related support): 866-488-7386

Military Helpline (For service members, veterans and their families): 888-457-4838

Racial Equity Support Line (For individuals and families mentally and emotionally impacted by racism): 503-575-3764

Safe + Strong Helpline (For emotional and mental support during COVID-19): 800-923-4357

National Alliance on Mental Illness Oregon Helpline (NAMI) (For support from people who have experienced and understand mental health issues)

- Available Mon-Fri 9am-5pm
- Call 503-230-8009
- Call toll free: 800-343-6264

Reach Out Oregon (For peer-to-peer support for parents and families)

- Available Mon-Fri 12pm-7pm (except holidays)
- Call 833-732-2467

David Romprey Warmline (For peer-to-peer and community counseling support)

- Available Mon-Sun 9am-11pm
- Call 800-698-2392

Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline (For help finding low-cost treatments and programs available near you:

- 24/7 support
- Call 800-662-4357
- TTY: 800-487-4889

National Domestic Violence Hotline: 1-800-787-3224

Senior Loneliness Line (For Oregon seniors 55+ for warmline support): 503-200-1633