

# Where to get help & learn more about giving help

- Clackamas County Crisis Line 503-655-8585 (available 24/7)
- Multnomah County Call Center 503-988-4888 (available 24/7)
- Washington County Crisis Line 503-291-9111 (available 24/7)
- National Suicide Prevention Lifeline 1-800-273-TALK (available 24/7)
- Suicide Prevention Resource Center [www.sprc.org](http://www.sprc.org)
- Oregon Youth Line 1-877-968-8491  
text teen2teen at 839863 (specific hours)
- Trevor Project for LGBTQ Youth 1-866-488-7386 (available 24/7)
- Senior Loneliness Line 503-200-1633  
[www.seniorlonelinessline.org](http://www.seniorlonelinessline.org)
- Dave Romprey Oregon Warm Line 1-800-698-2392 (Toll Free: 9 am –1 pm daily)
- Crisis Text Line Text HOME to 741741 (free, available 24/7)
- National Alliance for Mental Illness [www.nami.org](http://www.nami.org)
- Register for QPR, ASIST, MHFA Trainings [www.gettrainedtohelp.com](http://www.gettrainedtohelp.com)
- Anxiety & Depression Assoc. of America [www.adaa.org](http://www.adaa.org)
- COVID-19 Community Counseling Program [COVIDCounseling@co.washington.or.us](mailto:COVIDCounseling@co.washington.or.us)  
Washington County Behavioral Health 503-846-4528



# Older Adults

## Aging and Disability Resource Connection

Clackamas: 503-650-5622

Multnomah: 503-988-3646

Washington: 503-846-3060

Statewide: [www.adrcoforegon.org/consite/index.php](http://www.adrcoforegon.org/consite/index.php)

## Senior Loneliness Line

503-200-1633

[www.seniorlonelinessline.org](http://www.seniorlonelinessline.org)

*For adults 55 and older and their families and caregivers who may be isolated or lonely. Our team of volunteers and staff are specially trained in working with older adults, and can provide ongoing support, connect you with resources or just listen.*

*Available statewide*



# Other Resources

**Resources and Coronavirus (COVID-19) Information**  
**(please check as circumstances are changing):**

**Clackamas:** [www.Clackamas.us/coronavirus](http://www.Clackamas.us/coronavirus)

**Multnomah:** [www.multco.us/novel-coronavirus-covid-19](http://www.multco.us/novel-coronavirus-covid-19)

**Washington:**

[www.co.Washington.or.us/hhs/communicablediseases/covid-19](http://www.co.Washington.or.us/hhs/communicablediseases/covid-19)

**State of Oregon:** [www.govstatus.egov.com/or-oha-covid-19](http://www.govstatus.egov.com/or-oha-covid-19)



**CALL** 211 or 1-866-698-6155

**TEXT** your zip code to 898211 (TXT211)

**EMAIL** [help@211info.org](mailto:help@211info.org)

**HOURS** Monday-Friday 8am-6pm