Where to get help & learn more about giving help

Clackamas County Crisis Line

Multnomah County Call Center

Washington County Crisis Line

National Suicide Prevention Lifeline

Suicide Prevention Resource Center

Oregon Youth Line

Trevor Project for LGBTQ Youth

Senior Loneliness Line

Dave Romprey Oregon Warm Line

Crisis Text Line

National Alliance for Mental Illness

Register for QPR, ASIST, MHFA Trainings

Anxiety & Depression Assoc. of America

COVID-19 Community Counseling Program

Washington County Behavioral Health

503-655-8585 (available 24/7)

503-988-4888 (available 24/7)

503-291-9111 (available 24/7)

1-800-273-TALK (available 24/7)

www.sprc.org

1-877-968-8491

text teen2teen at 839863 (specific hours)

1-866-488-7386 (available 24/7)

503-200-1633

www.seniorlonelinessline.org

1-800-698-2392 (Toll Free: 9 am -1 pm daily)

Text HOME to 741741 (free, available 24/7)

www.nami.org

www.gettrainedtohelp.com

www.adaa.org

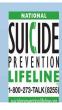
COVIDCounseling@co.washington.or.us

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

Senior Loneliness Line

503-200-1633

www.seniorlonlinessline.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

Multnomah: www.multco.us/novel-coronavirus-covid-19

Washington:

www.co.Washington.or.us/hhs/communicablediseases/covid-19

State of Oregon: 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
HOURS Monday-Friday 8am-6pm