

Mental Health Call Centers, Crisis Lines, Help Lines, Warm Lines and other helpful resources

- Multnomah County Mental Health Call Center
<https://multco.us/mhas/mental-health-crisis-intervention>
 - 503.988.4888
 - Call for anything mental health related, for self or for others. Can be emerging mental health concerns, crisis or anything else mental health related.
- National Suicide Prevention Lifeline
<https://suicidepreventionlifeline.org/>
 - Call 1.800.273.8255
 - Text 273TALK to 839863
- Spanish National Suicide Prevention Lifeline
<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>
 - 1-888-628-9454
- The National Domestic Violence Hotline
1-800-799-7233 1-800-787-3224 (TTY) English/En Español
<https://www.thehotline.org/>
- Military Helpline <http://militaryhelpline.org/>
 - Call 24/7/365: 1.888.457.4838
 - Text MIL1 to 839863 from 8am-11pm PST, daily
- Oregon Youth Line <https://oregonyouthline.org/>
 - Call 1.877.968.8491
 - Text teen2teen to 839863
- Trans Lifeline <https://www.translifeline.org/>
 - 1.877.565.8860

- Trevor Project (crisis intervention and suicide prevention line for LGBTQ youth under 25 years of age)
 - <https://www.thetrevorproject.org/>
 - Call 1.866.488.7386 Available 24/7/365
 - Text START to 678678 Available 24/7/365
 - Also has an online chat option available 34/7/365
- Senior Loneliness Line of Oregon
 - 503.200.1633 or toll free at 1.800.282.7035
- David Romprey Warmline
 - <http://communitycounselingsolutions.org/warmline/>
 - 1.800.698.8491 available from 9am-11pm, daily
- 211 for community resources and information about COVID-19 (available Monday-Friday, 8am-6pm)
 - **CALL** 211 or 1-866-698-6155 or
 - **TEXT** your zip code to 898211 (TXT211) or
 - **EMAIL** help@211info.org or
 - search for resources on our [online database](#)
- COVID-19 information in Oregon:
 - <https://govstatus.egov.com/OR-OHA-COVID-19>
- COVID-19 information in Multnomah County:
 - <https://multco.us/novel-coronavirus-covid-19>