<table>
<thead>
<tr>
<th><strong>MENTAL HEALTH • COMMUNITY RESOURCES</strong></th>
<th><strong>January 2016</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PPB Behavioral Health Unit</strong></td>
<td>(503) 823-0812</td>
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<td><a href="http://www.portlandoregon.gov/police/62135">www.portlandoregon.gov/police/62135</a></td>
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<tr>
<td><strong>Emergency Services</strong></td>
<td>911</td>
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<tr>
<td><strong>Non Emergency Services</strong></td>
<td>(503) 823-3333</td>
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<tr>
<td><strong>Crisis Lines (24-hour)</strong></td>
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<tr>
<td>Multnomah County Crisis Line</td>
<td>(503) 988-4888</td>
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<tr>
<td>Lines for Life Suicide Hotline</td>
<td>1 (800) 273-8255</td>
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<tr>
<td>Military Helpline</td>
<td>1 (888) 457-4838</td>
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<tr>
<td>Oregon Youth Line</td>
<td>1 (877) 968-8491</td>
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<tr>
<td>Alzheimer's Association</td>
<td>1 (800) 272-3900</td>
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<tr>
<td><strong>Crisis Lines (not 24-hour)</strong></td>
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<tr>
<td>David Romprey Warmline</td>
<td>1 (800) 698-2392</td>
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<tr>
<td>Spanish Line</td>
<td>1 (888) 628-9454</td>
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<tr>
<td><strong>Housing, Food, Medical Care</strong></td>
<td>211 (<a href="http://www.211info.org">www.211info.org</a>)</td>
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**Housing, Food, Medical Care**: 211 (www.211info.org)
Assistance/Treatment
Cascadia Access, Info & Referral line (503) 674-7777
VA Suicide Prevention Team (503) 402-2857
VA Mental Health Triage Unit (503) 220-8262
OHSU Behavioral Health Clinic (503) 494-6176
Lifeworks Intake Appointments (503) 645-9010
Old Town Recovery Clinic (503) 228-7134
Mult County Health Clinics (503) 988-5558

Advocacy, Support & Education
National Alliance on Mental Illness Family support) (503) 228-5692
Early Assessment & Support Alliance (15-25yrs) (503) 988-3272
Mental Health America (peer support) (503) 922-2377
Disability Rights Oregon (advocacy) (503) 243-2081
Native American Rehabilitation Association (503) 224-1044
Independent Living Resources (503) 232-7411
Oregon Family Support Network (503) 363-8068

Aging and Disability Services (24hr) (503) 988-3646
Multnomah Co Multi-Ethnic Services (24hr) (503) 988-3646

Community/Peer Support
Folktime (503) 238-6428
North Star (971) 271-7273
Depression and Bipolar Support Alliance (503) 866-9135
Dual Diagnosis Anonymous of Oregon (503) 222-6484

Service Coordination Team (503) 823-0345

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