

## MENTAL HEALTH • COMMUNITY RESOURCES

January 2016

**PPB Behavioral Health Unit** (503) 823-0812  
[www.portlandoregon.gov/police/62135](http://www.portlandoregon.gov/police/62135)

Emergency Services 911  
Non Emergency Services (503) 823-3333

### **Crisis Lines (24-hour)**

Multnomah County Crisis Line (503) 988-4888  
Lines for Life Suicide Hotline 1 (800) 273-8255  
Military Helpline 1 (888) 457-4838  
Oregon Youth Line 1 (877) 968-8491  
Alzheimer's Association 1 (800) 272-3900

### **Crisis Lines (not 24-hour)**

David Romprey Warmline 1 (800) 698-2392  
Spanish Line 1 (888) 628-9454

**Housing, Food, Medical Care** 211 ([www.211info.org](http://www.211info.org))



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**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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