



If you are having thoughts of hurting yourself or someone else, **please call the National Suicide Prevention Hotline at [800-273-8255](tel:800-273-8255) or text 988. Available 24/7.**

Multnomah County Crisis Line

[503-988-4888](tel:503-988-4888)

Available 24/7

Call 911 for emergency

Clackamas County Crisis Line

[503-655-8585](tel:503-655-8585)

Available 24/7

Call 911 for emergency

Washington County Crisis Line

[503-291-9111](tel:503-291-9111)

Available 24/7

Call 911 for emergency

Clark County Crisis Line

[800-626-8137](tel:800-626-8137)

Available 24/7

Call 911 for emergency

Veterans Crisis Line

988 and press 1

Text 838255

Available 24/7

Call 911 for emergency

Trans Life Line

[877-565-8860](tel:877-565-8860)

7 days a week; 8am to 2am PST

A hotline staffed by transgender people for transgender people.

Lines for Life Racial Equity Warm Line

[503-575-3764](tel:503-575-3764)

10am-7pm Pacific Time

A hotline led and staffed by people with lived experience of racism.

Crisis Text Line

Text HOME to 741741

Available 24/7

Text 911 for emergency

US National Overdose Response Lifeline

[877-696-1996](tel:877-696-1996)

Available 24/7

Call 911 for emergency