



CREATE RESILIENCE
YOUTH MENTAL HEALTH CAMPAIGN

Mental Health Resource List

NATIONAL CRISIS LINES

Suicide Prevention Lifeline - 988

Crisis Text Line - Text HOME to 741741 (24/7)

The Trevor Project - 866-488-7386 or text 678678

SAMHSA's National Helpline - 800-662-HELP (4357)

Friends for Survival Inc - 1-916-392-0664

Trans Lifeline - 1-877-565-8860

ONLINE SUPPORT

Befrienders Worldwide

BetterHelp

IAMALIVE

7 Cups

Talkspace

APPS

Mindfulness

Calm

Headspace

Suicide Prevention

MY3

NotOK

Anxiety

MindShift

Self Help for Anxiety Management (SAM)

Depression

Happify

MindTools

Bipolar Disorder

eMoods

IMoodJournal

General Mental Health

MoodKit

What's Up

For more information about the campaign, visit our website.

COUNTY MENTAL HEALTH DEPARTMENTS (OREGON)

Baker County – 541-523-3646; crisis line: 541-523-5914
Benton County – 541-766-6835; after hours crisis line: 888-232-7192
Clackamas County – 503-742-5335; 24-hour crisis line: 503-655-8585
Clatsop County – 503-325-5722; Crisis Line: 503-325-5724
Columbia County – 503-397-5211; after hours crisis line: 866-866-1426
Coos County – 541-266-6700; 24-hour crisis line: 541-266-6800
Crook County – 541-447-7441, 24-hour crisis line: 888-232-7192
Curry County – 541-247-4082; after hours crisis line: 877-519-9322
Deschutes County – 541-322-7500; 24-hour crisis line: 541-322-7500
Douglas County – 541-440-3532, 800-866-9780
Gilliam County – Arlington: 541-454-2223; Condon: 541-384-2666
Grant County – 541-575-1466; after hours crisis line: 541-575-0030
Harney County – 541-573-2074
Hood River County – 541-386-2620, 888-877-9147; after hours crisis line: 888-877-9147
Jackson County – 541-774-8201
Jefferson County – 541-504-9577
Josephine County – 541-476-2373; after hours crisis line: 541-474-5360
Klamath County – 541-883-1030
Lake County – 541-947-6021
Lane County – 541-682-3608, 541-682-4085; 24-hour crisis line: 541-687-4000
Lincoln County – 541-265-4179; 24-hour crisis line: 866-266-0288
Linn County – 541-967-3866, 800-304-7468; 24-hour crisis line: 800-560-5535
Malheur County – 541-889-9167; 24-hour crisis line: 800-995-9169
Marion County – 503-588-5351; 24-hour crisis line: 503-585-4949
Morrow County – 541-481-2911
Multnomah County – 503-988-4888
Polk County – 503-623-9289; after hours crisis line: 503-581-5535, 800-560-5833
Sherman County – 541-296-5452; after hours crisis line: 888-877-9147
Tillamook County – 503-842-3900
Umatilla County – Pendleton: 541-276-6207, Umatilla: 541-922-6226; 24-hr crisis line: 866-343-4473
Union County – 541-962-8800; after hours crisis line: 541-962-7126
Wallowa County – 541-426-4524; after hours crisis line: 541-398-1175
Confederated Tribes of Warm Springs – 541-553-3205; after hours crisis line: 541-553-1171
Wasco County – 541-296-5452; after hours crisis line: 888-877-9147
Washington County – 503-846-4528; 24-hour crisis line: 503-291-9111
Wheeler County – 541-676-9161
Yamhill County – 503-434-7523; after hours crisis line: 800-560-5535

SUPPORT, EDUCATION AND ADVOCACY

American Academy of Child & Adolescent Psychiatry.
202-966-7300

American Foundation for Suicide Prevention
1-888-333-2377

American Association of Suicidology.
1-202-237-2280

ASHA International
971-340-7190

Lifeworks NW - Hawthorne Walk-In Center
503-846-4555

National Alliance on Mental Illness (NAMI)
1-800-950-6264

National Mental America
1-800-969-NMHA(6642)

National Resource Center for Suicide Prevention and Aftercare
1-404-256-2919

Suicide Information and Prevention
1-403-245-3900

Substance Abuse and Mental Health Services Administration
1-800-662-4357

Suicide Awareness Voices of Education
1-952-946-7998

Suicide Prevention Advocacy Network
1-202-449-3600

Yellow Ribbon Suicide Prevention Program
1-303-429-3530