



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