

Crisis Resources for OHSU Members

OHSU Benefitted Employees:

Spark EAP Resources
24/7 crisis and brief telephone counseling
To access 3 free counseling sessions
1-800-433-2320

OHSU Students:

Student Health and Wellness
503-494-8665
(After-hours option 5)

Office of Student Affairs
The place to go when you don't know where to go.
studentaffairs@ohsu.edu

Postdoctoral Scholars:

Spark EAP Resources
24/7 crisis and brief telephone counseling
To access 3 free counseling sessions
1-800-433-2320

Student Health and Wellness
503-494-8665

SOM Residents, Faculty, and Fellows:

Resident Faculty Wellness
Urgent Pager 10975

All OHSU community members:

Public Safety
On Campus emergency: 503-494-4444
Non-emergency: 503-494-7744

Confidential Advocacy Program (CAP)
833-495-CAPS
capsupport@ohsu.edu

Peer Support Program
peersupport@ohsu.edu

Critical Incident Debriefing Services
Nonclinical incidents & satellite campuses:
1-800-433-2320

Healthcare incidents on main campus
DebriefingRequests@ohsu.edu





Community Crisis Resources

988 Suicide and Crisis Lifeline

Call, text, or chat

Dial: 988

Alcohol and Drug Helpline

800-923-4357

Mental Health Urgent Care/Walk-in

Multnomah County

Cascadia Walk-In Clinic

503-963-2575

Washington County

Hawthorn Walk-In Center

503-846-4555

Clackamas County

Clackamas County Mental Health Walk-in Clinic

503-742-5335

Racial Equity Support Line

503-575-3764

Trans Lifeline

877-565-8860

Call to Safety

Domestic and Sexual Violence

503-235-5333

Suicide Bereavement Support

1-800-646-7322

Food, housing, health, and other resources

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