
MULTNOMAH

County Mental Health Services

General Access 503-988-5887
Crisis Number 503-988-4888
1-800-716-9769 TOLL-FREE

CLACKAMAS

County Mental Health Center

General Access 503-742-5335
Crisis Number 503-655-8585

MARION

County Mental Health Services

General Access 503-588-5351
503-981-5851 WOODBURN
Crisis Number 503-585-4949

Youth and Family Crisis Line focused on ages under 18
(available 8 a.m.–10 p.m., 7 days a week)
503-576-HOPE (4673)

YAMHILL

County Adult Mental Health and Family & Youth Mental Health Programs

General Access 503-434-7253 ADULTS
503-434-7462 YOUTH
Crisis Number 1-844-842-8200

WASHINGTON

County Mental Health

General Access 503-291-1155
Crisis Number 503-291-9111

Other Lines

National Suicide Prevention Life Line

800-273-TALK
(800-273-8255)
suicidepreventionlifeline.org

National Spanish Suicide Prevention Life Line

888-628-9454

David Romprey Oregon Warmline

1-800-698-2392

Drug & Alcohol Hot Line

800-923-4357

Drug & Alcohol Text Line

Text “recoverynow” to
839863

Youth Line

877-968-8491

Youth Text Line

Text “teen2teen” to 839869

Military Hot Line

888-457-4838

Trevor Project

800-488-7386

TransLifeline

877-565-8860

Lines for Life

800-273-8255 or text
839863

Not in crisis: WarmLine

800-698-2392

National Domestic Violence Hotline

800-799-7233