**OHSU Students**

*Student Health and Wellness*

503-494-8665

 We are available via virtual or telephone visits. If you would like the support and help of one of our experienced providers, please call us at 503-494-8665. We can get you scheduled to speak with someone quickly.

Connect to support 24/7

For SHW scheduling, call 503-494-8665 between 8 a.m. and 5 p.m.

For 24/7 support, please call the National Suicide Prevention Lifeline on 1-800-273-8255 or visit their website.

Comprehensive resources for students during COVID-19 are available on O2

**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

**OHSU Benefitted Employees:**

*Spark EAP Resources*

24/7 crisis and brief telephone counseling

To access 3 free counseling sessions

**1-800-433-2320**

**SOM Residents, Faculty, and Fellows:**

*Resident Faculty Wellness*

Urgent Pager 10975

https://www.ohsu.edu/school-of-medicine/resident-faculty-wellness-program

**General**

*National Suicide Prevention Lifeline*

800-273-8255

*Crisis Text Line*

Text 273TALK to 839863

*Alcohol and Drug Helpline*

800-923-4357

*Mental Health Urgent Care*

Multnomah County

503-963-2575

Washington County

503-846-4555

Clackamas County

503-742-5335

*Suicide Bereavement Support*

<https://afsp.org/support_group/suicide-bereavement-support-inc/>

*Food, housing, health, and other resources*

2-1-1