

OHSU Community Members Mental Health and Crisis Resources

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/Walk-in

Multnomah County
Cascadia Walk-In Clinic
503-963-2575
Daily 7am-10:30pm

Washington County
Hawthorn Walk-In Center
503-846-4555
Daily 9am-8:30pm

Clackamas County
Clackamas County Mental Health Walk-in Clinic
503-742-5335
Mon-Friday: 9am-7pm
Saturday: 10am-7pm

Call to Safety

Domestic and Sexual Violence
503-235-5333

Suicide Bereavement Support

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

Food, housing, health, and other resources

2-1-1

OHSU Resources

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

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

To set up an appointment email:
Mary Moffit, Ph.D.
moffitm@ohsu.edu
Sydney Ey, Ph.D.
ey@ohsu.edu

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
DebriefingRequests@ohsu.edu