Suicide Prevention Resources

988

Call or text 988 for Suicide and Crisis Lifeline
The service is available 24/7 for people having a behavioral health crisis.
Chat online at 988lifeline.org
You can also dial 988 if you are worried about a loved one who may need crisis support.

MULTNOMAH
County Mental Health Services
**General Access:** 503-988-5887
**Crisis Number:** 503-988-4888 | Toll-free 1-800-716-9769

CLACKAMAS
County Mental Health Services
**General Access:** 503-742-5335
**Crisis Number:** 503-655-8585

MARION
County Mental Health Services
**General Access:** 503-742-5335 | **Crisis Number:** 503-655-8585

YAMHILL
County Mental Health Services
**General Access:** ADULTS 503-434-7253 | YOUTH 503-434-7462
**Crisis Number:** 1-844-842-8200

WASHINGTON
County Mental Health Services
**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

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
866-488-7386

TransLifeline
877-565-8860

Lines for Life
800-273-8255 or text 839863

National Domestic Violence Hotline
800-799-7233

NOT IN CRISIS LINE

WarmLine
800-698-2392
Get help if you notice any signs that you or someone you know is thinking about suicide.

Common suicide warning signs:

- **Talking about or demonstrating thoughts like:**
  - Wanting to harm oneself
  - Wishing to die
  - Feelings of guilt or shame
  - Being a burden to others

- **Change in mood or behavior:**
  - Feeling extreme sadness, more anxious, agitated, unbearable emotions or physical pain
  - Planning or researching ways to die
  - Withdrawing from family, friends or support system
  - Giving away important items
  - Saying last goodbyes
  - Taking dangerous risks
    - Driving recklessly
    - Engaging in unsafe sex
    - Causing or starting self-injury
  - Restricting or binge eating
  - Sleeping too much or too little
  - Using drugs or alcohol more often

If you are in crisis:

- Call your local emergency services immediately.
- Talk about your feelings and experiences with someone you trust or speak with a mental health professional.
- Create a safety plan to help use tools when navigating suicidal feelings and urges.

**Walk-in Center Information**

**MULTNOMAH**
Cascadia Health-Mental Health
Urgent Walk-in Clinic
4212 SE Division St., Suite 100, Portland, OR 97206
Monday-Friday, 7 a.m. – 9 p.m.
Saturday and Sunday, 9 a.m. – 9 p.m.
Call: 503-963-2575

**WASHINGTON COUNTY**
Hawthorne Walk-in Center
5240 NE Elam Young Parkway, Hillsboro, OR 97124
Monday-Friday, 9 a.m. – 2 p.m. Call: 503-291-9111

**CLACKAMAS**
Clackamas Mental Health Center
11211 SE 82nd Ave., Suite 0, Happy Valley, OR 97086
Monday-Friday, 9 a.m. – 7 p.m. Call: 503-655-8585