

# 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](https://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:** 503-588-5351 | Woodburn: 503-981-5851

**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 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](https://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



## Suicide prevention

If you or someone you know are struggling with feelings of self-harm or suicidal thoughts, please access support from a mental health professional. It is OK to ask for help and share your feelings with others. If you feel safe doing so, talk with a friend or family member about what you are experiencing. You can also call one of the resources centers or crisis lines for support. Talking through your feelings and thoughts can help.

### Common suicide warning signs:

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

Get help if you notice any signs that you or someone you know is thinking about suicide.

### 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