

HELP LINES (Non-Portland Police Bureau)

Mental Health

County Mental Health Services

Teams of mental health professionals help anyone facing mental health issues any time, in any language.

Multnomah County Crisis Line **503-988-4888**
Clackamas County **503-655-8585**
Washington County **503-291-9111**

Clark County **360-696-9560**

Unity Center for Behavioral Health **503-944-8000**

24-hour behavioral/mental health services center providing immediate psychiatric care.

Suicide Prevention

Lines for Life **800-273-8255**

24-hour crisis line offers help to individuals and loved ones in crisis or when needing confidential help for drug addiction, alcohol abuse, thoughts of suicide, and other mental health issues.

Portland Suicide Hotline **503-972-3456**
24-hour hotline

National Suicide Prevention Hotline **1-800-273-8255**
24-hour hotline

Substance Abuse

Portland Alcohol and Drug Help Line **503-244-1312**

Domestic Violence/Sexual Assault

Domestic Violence Crisis Line **888-235-5333**

Comprehensive crisis line, follow-up advocacy, support groups, community outreach and education.

Raphael House **503-222-6222**

Emergency shelter for families fleeing domestic violence. 24-hour hotline available in English, Spanish, Russian.

Sexual Assault Resource Center **503-640-5311, or 1-800-640-5311**

SARC's 24-hour anonymous, confidential free support line offers a safe place for survivors and their loved ones to get immediate support.

Portland Bad Date Line **503-535-3901**

Report sex worker violence- anonymously provide reports of abusive sex work clients through telephone, emailing Pdx.bad.dateline@gmail.com, or in person at **Outside-In**.

LGBTQ+ Support

Bradley Angle

503-235-5333

Provide help to survivors fleeing domestic violence. Provided emergency housing and other services. Focused on serving Black and LGBTQ+ communities.

Travor Project

1-866-488-7386

24/7 crisis intervention hotline

Trans LifeLine

877-565-8860

Grassroots hotline with a policy against non-consensual active rescue. Offers direct emotional and financial support to trans people in crisis—for the trans community, by the trans community.

Youth Services

Cascade Urgent Walk-in Clinic

503-963-2575

Offers urgent mental health and drug and alcohol assessments, counseling, medication management, and community resources. Open seven days a week from 7:00 AM to 10:30 PM. 4212 SE Division, Suite 100.

Oregon Youthline

877-968-8491

Youthline is a free, confidential teen-to-teen crisis and help line. Reach a teen to talk between 4 PM- 10 PM daily. Adults available by phone 24/7.

National Runaway Safeline

800-786-2929

24-hour hotline offering support in finding shelter, food, medical assistance, counseling for runaway and houseless youth. Also provides mediation between family and free bus tickets home. Text **66008**.

Underserved Populations

Crisis Line of Racial Equity Support

503-575-3764

A service line dedicated to and staffed by Black, Indigenous, and people of color. All callers will get help from counselors who have experienced dealing with racism and provide peer support. M-F, 10 AM to 7 PM.

Native American Youth and Family Center **503-288-8177**

Programming such as emergency energy assistance, clothing closet, food pantry, homeless services and domestic violence interventions—responding to the real life emergencies that impact Native families and individuals.

Portland Immigrant Rights Coalition

888-622-1510

Call if you see an Immigration/ICE raid underway in the Portland area. Para reporter redadas de la migra en el area de Portland y sus alrededores. Llame si usted ve que una redada de la MIGRA o ICE esta ocurriendo.