IF YOU ARE IN IMMEDIATE DANGER, OR IF SOMEONE YOU KNOW IS IN IMMEDIATE DANGER, PLEASE CALL 911 FOR HELP.

These services are free for anyone to use and a great place to start if you’re not sure of your treatment options. They can be particularly helpful to those without insurance and/or those who could benefit from sliding scale (income-based) treatment fees.

### NATIONAL SUICIDE PREVENTION LIFELINE — suicidepreventionlifeline.org/
For anyone experiencing a mental health crisis.
**AVAILABILITY:** 24/7/365

**PHONE NUMBER(S):**
- Primary line: 1-800-273-8255
- Ayuda en Español: 1-888-628-9454
- Video relay service: 800-273-8255
- TTY: 800-799-4889
- Voice/Caption Phone: 800-273-8255

**ONLINE CHAT:** suicidepreventionlifeline.org/chat/

### 211 HOTLINE — 211.org
For anyone experiencing a mental health crisis, mental health or substance use issues, or abuse and/or who needs help finding supplemental food programs, shelter/housing, utilities assistance, disaster relief, employment and education opportunities, affordable healthcare (including sliding scale services), or other social services.
**AVAILABILITY:** 24/7/365

**PHONE NUMBER:** 2-1-1 (180+ languages)

**ONLINE CHAT:** Varies by location (check website)

### THE TREVOR PROJECT SUPPORT CENTER — thetrevorproject.org/
For LGBTQ youth experiencing a mental health crisis.
**AVAILABILITY:** 24/7/365

**PHONE NUMBER:** 1-866-488-7386

**TEXT NUMBER:** Text START to 678678

**ONLINE CHAT:** thetrevorproject.org/get-help-now/

### CRISIS TEXT LINE — crisistextline.org
For anyone experiencing a mental health crisis.
**AVAILABILITY:** 24/7/365

**TEXT NUMBER(S):**
- US & Canada: Text HOME to 741741
- UK: Text 85258
- Ireland: Text 086 1800 280

### VETERANS CRISIS LINE — veteranscrisisline.net/
For veterans and service members experiencing a mental health crisis.
**AVAILABILITY:** 24/7/365

**PHONE NUMBER(S):**
- Primary line: 1-800-273-8255 (press 1)
- Support for deaf, hard of hearing: 1-800-799-4889

**TEXT NUMBER:** Text 838255

**ONLINE CHAT:** veteranscrisisline.net/get-help/chat
**YOUTHLINE — oregonyouthline.org**

For young people dealing with relationship/family issues, depression, stress/anxiety, suicidal thoughts, self-harm, issues around sexual identity, abuse, bullying, and eating disorders.

**AVAILABILITY:** 24/7/365

**PHONE NUMBER:** 877-968-8491

**TEXT NUMBER:** Text teen2teen to 839863

**EMAIL:** Teen2Teen@LinesforLife.org

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**TRANS LIFELINE — translifeline.org/hotline**

For trans and questioning people to be supported by trans people during a crisis or when they just need someone to talk to.

**AVAILABILITY:** 24/7/365

**PHONE NUMBER(S):**
- USA: 877-565-8860
- CANADA: 877-330-6366