



Need to talk? Need help? We're here for you.

Crisis & Information Hotline

503.581.5535 | 1.800.560.5535

TDD:503.588.5833

Free | Safe | Confidential | Support

Reassurance | Supportive Listening | Crisis & Suicide Intervention
| Emergency Rent/Mortgage, Energy, and Prescription Assistance |
Trauma Debriefing | Links to Community Resources | Food Boxes

All services are available in a language appropriate to the caller's needs.

The Hotline is accredited by the American Association of Suicidology, and is available 24 hours-a-day, 7 days-a-week.

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