National Suicide Prevention Lifeline (For help with thoughts of suicide): 1-800-273-8255
Veterans Crisis Line (For veterans and those who care about them): 1-800-273-8255, press 1
Alcohol & Drug Helpline (For substance use help): 800-923-4357
Youthline (For teen-to-teen support): 877-968-8491/text teen2teen to 839-863
  • 24/7 lines but staffed by trained youth peer counselors 4-10pm PST
Trans Lifeline (For trans-led support): 877-565-8860
The Trevor Project (For LGBTQ+ related support): 866-488-7386
Military Helpline (For service members, veterans and their families): 888-457-4838
Racial Equity Support Line (For individuals and families mentally and emotionally impacted by racism): 503-575-3764
Safe + Strong Helpline (For emotional and mental support during COVID-19): 800-923-4357
National Alliance on Mental Illness Oregon Helpline (NAMI) (For support from people who have experienced and understand mental health issues)
  • Available Mon-Fri 9am-5pm
  • Call 503-230-8009
  • Call toll free: 800-343-6264
Reach Out Oregon (For peer-to-peer support for parents and families)
  • Available Mon-Fri 12pm-7pm (except holidays)
  • Call 833-732-2467
David Romprey Warmline (For peer-to-peer and community counseling support)
  • Available Mon-Sun 9am-11pm
  • Call 800-698-2392
Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline (For help finding low-cost treatments and programs available near you):
  • 24/7 support
  • Call 800-662-4357
  • TTY: 800-487-4889
National Domestic Violence Hotline: 1-800-787-3224
Senior Loneliness Line (For Oregon seniors 55+ for warmline support): 503-200-1633