



Suicide & Mental Health Support Resources

✓ Bilingual resource



National Suicide & Crisis Lifeline ✓

Call, text, or chat online 24/7/365
For deaf & hard of hearing – (800) 799-4889
En Español – Call 988 and press option 2

Call or text 988
988lifeline.org



Lines for Life YouthLine ✓

Text - Text **teen2teen** to 839-863
Chat online at theyouthline.org

(877) 968-8491



Oregon Safe + Strong Helpline ✓

Emotional support and resource referral line
Call 24/7/365

1-800-923-HELP (4357)
safestrongoregon.org



Marion County Health & Human Services ✓

Behavioral Health Crisis Center (including Community Response Team) –
503-585-4949
Adult Behavioral Health – 503-588-5351
Children's Behavioral Health – 503-576-4676



Polk County Mental Health ✓

850 Main St. Dallas, OR 97338

(503) 623-9289 (daytime)
(503) 581-5535 (evening)



Oregon AgriStress Helpline ✓

Crisis support for agricultural workers
Call or text 24/7/365

833-897-2474
agrisafe.org/agristress-helpline



Military Helpline

For deaf & hard of hearing - (800) 799-4889
Call, text, or chat online 24/7/365

Call 988 (press option 1)
Text HOME to 838-255
veteranscrisisline.net



Mid-Valley Resources ✓

Operated by **Northwest Human Services**
Connect with over 500 services by searching
online, or call their 24-hour hotline

midvalleyresources.org
(800) 560-5535



The Trevor Project ✓

Support for LGBTQ+ youth
Call, text, or chat online 24/7/365

(866) 488-7386
Text **START** to 678-678
thetrevorproject.org