



# Suicide & Mental Health Support Resources

✓ Bilingual resource



## National Suicide & Crisis Lifeline ✓

For deaf & hard of hearing – (800) 799-4889  
En Español – Call 988 and press option 2  
Chat online

Call or text 988  
[988lifeline.org](https://988lifeline.org)



## Lines for Life YouthLine ✓

Text - Text **teen2teen** to 839-863  
Chat online at [oregonyouthline.org](https://oregonyouthline.org)

(877) 968-8491



## Oregon Safe + Strong Helpline ✓

Emotional support and resource referral line

1-800-923-HELP (4357)  
[safestrongoregon.org](https://safestrongoregon.org)



OREGON  
Health & Human Services

## Marion County Health & Human Services ✓

Psychiatric Crisis Center  
Adult Behavioral Health  
Children's Behavioral Health

(503) 585-4949  
(503) 588-5351  
(503) 588-5352



POLK COUNTY

## Polk County Mental Health ✓

850 Main St. Dallas, OR 97338

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



## Mid-Valley Suicide Prevention Coalition ✓

For Polk & Marion Counties

[mvsuicideprevention.org](https://mvsuicideprevention.org)



## Military Helpline

Text HOME to 838-255  
Chat online at [veteranscrisisline.net](https://veteranscrisisline.net)  
For deaf & hard of hearing - (800) 799-4889

988 (press 1)



## Mid-Valley Resources ✓

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

[midvalleyresources.org](https://midvalleyresources.org)  
(800) 560-5535



## The Trevor Project ✓

Text  
Chat online

(866) 488-7386  
Text **START** to 678-678  
[thetrevorproject.org](https://thetrevorproject.org)

