Mental Health First Aid Crisis Resource List

**Information**

**211 Information & Referral**

www.portlandoregon.gov or www.211.org

Main Number: (503) 823-4519

City and County information: (503) 823-4000

DIAL 2-1-1 or (503) 222-5555

**Oregon SafeNet**

Provides information/referrals for low cost healthcare, counseling, support groups and children services throughout Oregon.

(800) 322-2588

**The Rose City Resource**

A resource guide of all the public services and assistance programs available in Portland.

www.rosecityresource.org

**Crisis Hotlines**

**National Suicide Prevention Lifeline**

1-800-273-TALK (8255)

**Multnomah County Crisis Line**

503-988-4888

**Clackamas County Crisis Line**

503-655-8585

**Washington County Crisis Line**

503-291-9111

**Crisis Text Line**

Text “HOME” to 741741

**Looking Glass Crisis Response Team**

1-888-989-9990

**Spanish National Suicide Prevention Lifeline**

1-888-628-9454

**Dave Romprey Warm Line**

1-800-698-2392

**Senior Loneliness Line**

503-200-1633/ 1-800 282-7035

**Oregon Youth Line**

1-877-968-8491

**Gay Men’s Domestic Violence Hotline**

(800)-832-1901

[**Alcohol**](http://www.Alcohol) **and Drug Helpline: Adult or Teen**

800-923-HELP (4357)

**Lines for Life Alcohol & Drug Helpline**

1-800-923-4357

[www.linesforlife.org/get-help-now/](http://www.linesforlife.org/get-help-now/)

**National Domestic Violence Hotline**

1-800-799-SAFE (7233)

**Trans Lifeline Suicide Prevention**

Suicide hotline for Trans individuals.

877-565-8860

**Trevor Lifeline Crisis Hotline**

LGBTQ+ crisis hotline

1-866-488-7386

**Women’s Crisis Line**

503-235-5333 or (888)-235-5333

www.pwcl.org

**Call to Safety**

Crisis line that provides confidential support to victims of domestic violence in 6+ languages.

(888)-235-5333

**Veteran’s Crisis Line**

Help for veterans and their families.

CALL 1-800-273-8255 Press 1 for Veteran-specific services or TEXT 838255.

www.veteranscrisisline.net

**Direct Services**

[**Unity Center for Behavioral Health**](https://unityhealthcenter.org)

A 24-hour behavioral and mental health services center.

www.unityhealthcenter.org

1225 NE 2nd Ave, Portland, OR 97232

(503) 413-7582

[**Cascadia Urgent Walk-in Clinic**](https://cascadiabhc.org/urgent-and-emergency-services/)

Cascadia Behavioral Healthcare’s Urgent Walk-in Clinic serves anyone regardless of insurance, income, or age.

Monday-Sunday: 7:00 am - 10:30 pm

4212 SE Division St., Suite 100 Portland, OR

(503) 963-2575

**Portland Veterans Affairs (VA) Medical Center**

Provides mental health services to veterans.

3710 SW US Veterans Hospital Rd.

Portland, OR 97239

(503)-273-5187

**Providence Portland Medical Center-**

Provides both inpatient and outpatient psychiatric services.

5228 NE Hoyt St., Bldg. B Portland, OR 97213

(503)-574-9235

**Providence St. Vincent Medical Center-**

Provides both inpatient and outpatient psychiatric services.

9450 SW Barnes Rd, Portland, OR 97225

[503-574-92](tel:503-574-9242)35

**St. Vincent de Paul Emergency Services**

Provides emergency financial assistance for rent, utilities, cold weather clothing, and local transportation.

8101 SE Cornwell St. Portland, OR 97206

503-235-8431

**Prism Health**

A health center specifically dedicated to the LGBTQ+ population, offering physical and mental health services as well as pharmacological treatments.

www.prismhealth.org

2236 SE Belmont Portland, OR 97214

(503) 445-7699

**Quest Center for Integrative Healthcare**

Services specific to LGBTQ+ population, HIV/Hepatitis C services available.

www.quest-center.org

2901 E. Burnside St. Portland, OR 97214

(503) 238-520

**Humanist Counseling Services**

Non-faith based, free counseling services; donations accepted.

www.portlandhumanists.org

2545 SW Terwilliger Blvd. Portland, OR

(503) 948-5473

**Northwest Family Services**

Free and low-cost counseling services with Spanish speakers available.

www.nwfs.org

6200 SE King Rd. Portland, OR

(503) 546-6377

**Portland Therapy Center**

Provides holistic mental health services. Multiple locations throughout the Portland area, see website for more information.

http://www.portlandtherapycenter.com

**St. Andrew’s Legal Clinic**

Provides free or reduced cost legal services to low income and minority populations.

807 NE Alberta St. Portland, OR 97211

(503) 281-1500