

## SUICIDE ASSISTANCE RESOURCES

The following list of hotline numbers may be able to assist you in locating help for you, your children and older adults.

### **Suicide hotlines**

#### **Oregon Partnership Lifeline/National Suicide Prevention Lifeline**

Toll free phone: 1-800-273-TALK (8255)

#### **Hopeline Network**

Toll free phone: 1-800-SUICIDE

#### **Oregon County Crisis Lines THESE LINES ARE DIRECT TO THE PERSON'S COUNTY OF RESIDENCE, which can be the best resource, especially for post-crisis services**

<http://egov.oregon.gov/DHS/ph/ipe/ysp/cntymap.shtml>

#### **Oregon Partnership Crisis Lines**

<http://www.orphnership.org/web/services/crisislines.asp>

#### **National Crisis Lines or Online Help**

<http://egov.oregon.gov/DHS/ph/ipe/ysp/suilines.shtml>

#### **Oregon Youth Suicide Prevention Program**

<http://egov.oregon.gov/DHS/ph/ipe/ysp/index.shtml>

## **FOR POST-CRISIS SERVICES**

#### **Mental health programs and organizations**

##### **Community Mental Health programs (CMHP)**

A county listing of mental health programs

##### **Mental Health Organizations (MHO)**

##### **Abuse of people with mental illness**

Information and resources about the abuse of people with mental illness.

#### **Health Assessment**

##### *Depression screening:*

[Confidential Depression Screening Test](#)

[Online Depression Screening Test](#)

[K10 Test for Psychological Distress](#)

[Center for Epidemiology Studies Depression Scale](#)

[Geriatric Depression Rating Scale](#)

[Goldberg Depression Questionnaire](#)

[Quick Inventory of Depressive Symptomology](#)

[Wakefield Self Report Questionnaire](#)

##### *ADD:*

[Attention Deficit Disorder](#)

##### *Anxiety:*

[Freedom from Fear](#)

[Online Screening for Anxiety](#)

[K10 Test for Psychological Distress](#)

##### *Alcohol and drug use:*

[CAGE Questionnaire](#)

[Michigan Alcohol Screening Test \(MAST\)](#)

[Drug Abuse Screening Test \(DAST\)](#)

##### *Bipolar and Mania:*

[Goldberg Bipolar Spectrum Screening Questioner](#)

[Goldberg Mania Questionnaire](#)

##### *Adult ADHD screening:*

[Quick Screen](#)

[Jasper-Goldberg](#)

##### *Post-Crisis Assistance*

[The David Romprey Oregon Warm Line 1-800-698-2392](#)

is now open for business five hours each day with peer operators answering phones from offices in seven counties.