Contents

Crisis support (English/Spanish) - Phone	2
Crisis support (English only) - Texting	3
Sexual assault, dating violence, domestic violence (English/Spanish)	∠
Quitting smoking or tobacco use (English/Spanish)	5
Basic needs – food, housing, health, childcare (English/Spanish)	6

Crisis support (English/Spanish) - Phone

If you or someone you know is in crisis and needs help:

GET HELP NOW, CALL 24/7 800-273-8255

or text '273TALK' to 839863

Spanish: 1-888-628-9454

TTY: 1-800-799-4TTY (4889)

If you are experiencing a mental health emergency, dial 911

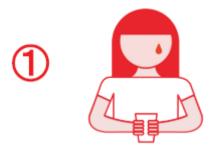




Crisis support (English only) - Texting

CRISIS TEXT LINE

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via text. Here's how it works:



Text HOME to **741741** from anywhere in the United States, anytime, about any type of crisis.



A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.



The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

Sexual assault, dating violence, domestic violence (English/Spanish)

Get Help for Sexual Violence

If you are experiencing an emergency, dial 911.

If you are experiencing sexual assault, dating violence or domestic violence or abuse, get help at:

National Sexual Assault 24-Hour Hotline: 1-800-656-HOPE (1-800-656-4673)

National Domestic Violence 24-Hour Hotline: 1-800-799-SAFE (1-800-799-7233)

Quitting smoking or tobacco use (English/Spanish)

Need Help Quitting Smoking?

The Quit Line is open 24 hours a day, 7 days a week

The Quit Line is a telephone and web-based counseling service to help Oregonians quit using tobacco and nicotine products.

English Quit Line

Spanish Quit Line

1-800-QUIT-NOW (1-800-784-8669)

1-855-DEJELO-YA (1-855-335356-92)

quitnow.net/oregon

quitnow.net/oregonsp

TTY: 1-877-777-6534

Basic needs – food, housing, health, childcare (English/Spanish)



No matter where you live in Oregon, 211 can help you connect to these services:



Food pantries, farmers markets, community gardens, fresh food, summer food programs and SNAP (food stamps).



Housing and shelter.



Health-related information for all family members and genders.



Child care and parenting.

To get information about resources in your area:

• Call: **211** Or **1-866-698-6155**

• Text your zip code to **898211** (TXT211)

• Email: help@211info.org

• Download the app

• Hours: Monday-Friday 8am-6pm