

Help is available

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Help is available

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**



Help is available

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:

①



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

②



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

③



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

Help is available

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)

Help is available

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

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

quitnow.net/oregon

Spanish Quit Line

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

quitnow.net/oregonsp

TTY: 1-877-777-6534

Help is available

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