

Help is available

OREGON STUDENT HEALTH SURVEY 2020 – RESOURCES FOR STUDENTS

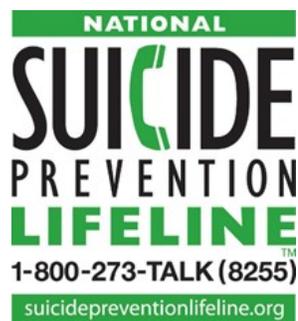
If you are experiencing an emergency, dial 911.

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)

You can also **TALK** to a:

- School Counselor
- School-Based Health Center Staff Member
- Doctor or Mental Health Care Provider
- Parent or Guardian



The Trevor Project - For LGBTQ Youth

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth.

TrevorLifeline: **1-866-488-7386**

The TrevorLifeline is available 24/7/365

TrevorText: **Text START to 678678**

Available Monday-Friday between Noon-7 pm PT

Get Help for Sexual Violence

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) or RAINN.org
- National Domestic Violence 24-Hour Hotline:
1-800-799-SAFE (1-800-799-7233) or thehotline.org

Mental Health Crisis Services

Oregon Youth Line:

- Call: **1-877-968-8491**
- Text: teen2teen to **839863**

Oregon Crisis Resolution Center:

- **1-541-474-5360**

National Alliance on Mental Illness toll-free
Helpline:

- **1-800-950-6264**
- Text NAMI to **741741**
- nami.org

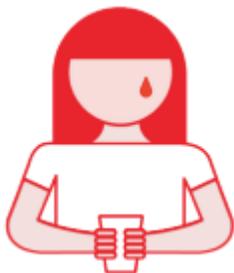
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CRISIS TEXT LINE |

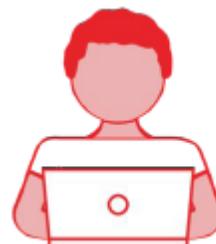
Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via text. Here's how it works:

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.

Student Safety

SafeOregon gives kids, parents, schools and communities a way to report safety threats or potential acts of violence. Check to see if your school is signed up and if not, lead them to SafeOregon.com to enroll. Tips can be submitted via email, phone calls, text, a mobile app or web portal.



- Call or Text: **844-472-3367**
- Email: tip@safeoregon.com
- Website: safeoregon.com

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Find Local Resources



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 to Friday, 8 am to 6 pm