

Help is available

RESOURCES FOR STUDENTS

If you are experiencing an emergency, dial 988 or 911

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

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:

CRISIS TEXT LINE |

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 a secure online platform.

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:

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



The Trevor Project - For LGBTQ2SIA+ 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

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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

Find Local Resources



Call

We are available to take your call 24 hours a day, seven days a week.

- Dial **2-1-1** or **1-866-698-6155**
- TTY: dial 7-1-1 and call 1-866-698-6155
- Some phones that use VOIP (Voice Over Internet Protocol) or Wi-Fi calling might not be able to dial 2-1-1. If that is the case, please use our toll-free number: 1-866-698-6155

Language interpreters are available. Please note: During times of emergency incident response, 211info's response time may vary. Hours may also vary based on program.

Text or Email

You can reach the 211info team from Monday to Friday by text, email, online, or through the 211 mobile app. Text and email are available in English and Spanish.

- Text your zip code to **898211** (TXT211) – M-F from 9 a.m.- 5 p.m.
- Email help@211info.org – Response within 24 hours
- Download the 211info app from the Apple App Store or the Android version from the Google Play Store.

211 can help with:

Mental Health
Behavioral Health
Housing & Shelter

Food
Health Care
Transportation

Youth Service
Education
And more...