

Emergency/Hotline Numbers

Have thoughts of suicide or depression?

NATIONAL SUICIDE PREVENTION LIFELINE

Call 1-800-273-8255 (24/7)

Text 2738255 to 839869 (8am-11pm)

Have problems with drugs or alcohol?

ALCOHOL & DRUG HELPLINE

Call 800-923-4357 (24/7)

Text RecoveryNow to 839863

Rather TALK TO A TEEN instead of an adult?

OregonYouthLine.org

Call 1-877-968-8491

Text teen2teen to 839863

Email teen2teen@linesforlife.org

Live Chat online at OregonYouthLine.org

- Teens answer the phones 4pm-11pm.
- Adults answer the phones the rest of the time.