

# Oregon Youth Mental Health Resources

Lines for Life: Mental Health Crisis/Suicide 1-800-273-8255

Youth Line CALL 877-968-8491 TEXT 'teen2teen' to 839863 24/7 help. 4-10 PM with teens

Trevor Project 1-866-488-7386

Alcohol and Drug Help Line 1-800-923-4357

Racial Equity Support Line 503-575-3764

Reach Out Oregon 1-833-REACH-OR or 1-833-732-2467

Oregon Coalition <https://www.ocadsv.org/find-help>

Problem Gambling 1-877-695-4648

Military Helpline 1-888-457-4838

Senior Loneliness Line 503-200-1633

www.211info.org CALL 211 or 1-866-698-6155 TEXT your zip code to 898211 (TXT211)

NAMI- 800-343-6264 <https://namior.org>

Insurance navigation and getting treatment paid for 855-323-6744 (English) 503-931-8930 (Español)  
[www.oregonfamilytofamily.org](http://www.oregonfamilytofamily.org)

## PSYCHOSIS:

Early psychosis treatment: <http://www.easacommunity.org/>

Schizophrenia Simulation <https://www.youtube.com/watch?v=Pr8lyNGAqlw>

Hearing Voices Network Ron Coleman <https://www.hearing-voices.org/>

<https://www.oregon.gov/oha/ph/preventionwellness/substanceuse/opioids/pages/naloxone.aspx>

<https://www.oregon.gov/oha/ph/PreventionWellness/SafeLiving/SuicidePrevention/Pages/crisislines.aspx>

## PRIMARY CARE

Oregon Psychiatric Access Line- OPAL provides free, same-day, Monday through Friday, child and adult psychiatric phone consultation to primary care providers in Oregon.

11-27-2020

Toll-Free: 1-855-966-7255

Portland Metro: 503-346-1000

NICH-coordinated care and support for <https://www.ohsu.edu/doernbecher/novel-interventions-childrens-healthcare-nich>

Medical conditions such as: Type 1 diabetes, Seizure disorders, End-stage kidney disease, Cancer, Failure to thrive, Before or after a transplant, Cystic fibrosis, Hemophilia, Chronic pain, Cardiovascular problems

Social issues such as: Unemployment, Homelessness or housing insecurity, Food insecurity, Financial problems, Domestic violence, Drug and/or alcohol problems, Language and/or cultural barriers, Social isolation, Issues related to immigration status, Trauma issues