

| CATEGORY | ORGANIZATION | CONTACT INFO | SUPPORT |
|------------------------------------|--|---|--|
| Mental Health | NW Human Services, Mental Health Crisis Line | 503-588-5833 or 1-800-560-5535 | 24/7 crisis response hotline & intervention in Marion and Polk County |
| | Multnomah County Crisis Line | 503-988-4888 | 24/7 crisis response hotline & intervention in Multnomah County |
| | Suicide Prevention Hotline | 1-800-273-8255 | 24/7 hotline to experienced professionals |
| LGTBQ+ | Trans Crisis Hotline | 1-877-565-8860 | The very first crisis hotline for the trans community |
| | The Trevor Project | 1-866-488-7386 | 24/7 crisis hotline & suicide hotline for LGBTQ+ under 25yo |
| | PDX Q CENTER | 503-234-7837 | A local directory for help and resources for all LGTBQ+ |
| Youth Resources | Youthline | 877-968-8491 | 24/7 teen-to-teen crisis help |
| Domestic Violence & Sexual Assault | Call to Safety | 1-888-235-5333 | Formerly Portland Women's Crisis Line for domestic & sexual violence |
| | RAINN | 800-656-4673 | 24/7 connect with a trained staff member from a sexual assault service provider in your area |
| | Sexual Assault Resource Center | 503-640-5311 | 24/7 crisis & support hotline |
| Houselessness | Portland Street Medicine | 503-501-1231 | Mobile response team that assists with non-life threatening medical issues |
| | Transition Projects | 503-280-4700 | 24/7 emergency shelters @ 435 NW Glisan & 5120 SE Milwaukie |
| Misc | Poison Control | 503-494-8968 | |
| | Portland Fire & Rescue | 503-823-3700 | |
| | Portland National Lawyers Guild | 503-902-5340 | Jail support hotline |

Suggestions? Want a resource added to this list? Contact [@clayton.online](#) or [@beelenses](#) on instagram