

Crisis Information

If you are in crisis please utilize the following crisis resources and follow your safety plan if applicable.

Portland Metro Area

Call/text/website chat Options

- Clackamas County Crisis Line
503-655-8585
- Multnomah County Crisis Line
503-988-4888
- Washington County Crisis Line
503-291-9111
- Suicide Lifeline call or text 988 or website
- Behavioral Health Support Line 800-923-4357
- Crisis Text Line Text HOME to 741741
- Trevor Project (LGBTQ Youth) text START to 678-678, online chat, call 1-866-488-7386
- Call 911

Walk In Centers

- Clackamas County Walk in Crisis Center: 11211 SE 82nd Ave., Suite O, Happy Valley
- Multnomah County Walk in Crisis Center: 4212 SE Division, Suite 100, Portland, OR 97206.
Call us at 503-963-2575.
- Washington County Walk In Crisis Center: 5240 NE Elam Young Parkway, Hillsboro OR 97124
- Your nearest ER

Outside of the Portland Metro Area

- Suicide Lifeline call or text 988 or website
- Behavioral Health Support Line 800-923-4357
- Crisis Text Line Text HOME to 741741
- Trevor Project (LGBTQ Youth) text START to 678-678, online chat, call 1-866-488-7386
- Call 911

You can also use the following website to find additional local crisis information for your area:

<https://www.oregon.gov/oha/ph/preventionwellness/safeliving/suicideprevention/pages/crisislines.aspx>