

Selected National and Oregon Hotlines

Name	Service	Area	City	Phone	Website
Ambulance, Police, Fire	HLN	USA		9-1-1	
National Child Abuse Hotline	HLN	USA		1-800-422-4453	https://www.childhelp.org/hotline/
National Domestic Violence Hotline	HLN	USA		1-800-799-7233	https://www.thehotline.org/
National Human Trafficking Hotline	HLN	USA		1-888-373-7888	https://www.sprc.org/
National Sexual Assault Hotline	HLN	USA		1-800-656-4673	https://www.rainn.org/about-national-sexual-assault-telephone-hotline
Pregnancy Resource Center (All-Options Talkline)	HLN	USA		1-812-558-0089	https://aloptionsprc.org/our-services/talkline/
Veteran Suicide Hotline	HLN	USA		1-800-273-8255	https://www.veteranscrisisline.net/
National Abortion Federation	HLN, CTR	USA		1-800-772-9100 (hotline); 1-877-257-0012 (referral)	https://prochoice.org/think-youre-pregnant/naf-hotline/
National Suicide Prevention Lifeline	HLN, SUI	USA		1-800-273-TALK (8255)	https://suicidepreventionlifeline.org/
Aging & Disability Services 24hr. Help Line	HLN	OR		503-988-3646	
Call to Safety (formerly Women's Crisis Line)	HLN	OR		1-888-235-5333; 503-235-5333	https://calltosafety.org/
Child Abuse Hotline - Oregon	HLN	OR		1-855-503-SAFE (7233) or 503-731-3100	
Clackamas Women's Crisis Hotline	HLN	OR		503-654-2288	
Multnomah County Crisis Line	HLN	OR		1-800-716-9769; 503-988-4888	
Oregon Abuse Hotline	HLN	OR		1-855-503-7233; TTY/voice 503-945-5811	

Oregon Coalition Against Domestic & Sexual Violence	HLN	OR		503-230-1951	https://www.ocadsv.org/find-help
Oregon Youthline	HLN	OR		1-877-968-8491; or text: teen2teen to 839863	
Sexual Assault Resource Center	HLN	OR		503-640-5311; 1-888-640-5311	https://sarcoregon.org/24-hour-support-line/
Alcohol/Drug Help Line	HLN, CTR	OR		1-800-923-4357 or 503-244-1312	https://www.linesforlife.org/alcohol-and-drug-helpline/
Alcohol/Drug Help Line Teen	HLN, CTR	OR		1-877-553-TEEN (8336)	https://www.linesforlife.org/alcohol-and-drug-helpline/
Clackamas County Behavioral Health	HLN, CTR	OR		503-742-5335; 24-hour crisis line: 503-655-8585	http://www.clackamas.us/behavioralhealth/
Cocaine Anonymous	HLN, CTR	OR		503-256-1666	https://caorwa.org/
Confederated Tribes of Warm Springs Mental Health	HLN, CTR	OR		541-553-3205; after hours crisis line: 541-553-1171	https://warmsprings-nsn.gov/program/community-counseling/
David Romprey Oregon Warmline	HLN, CTR	OR		1-800-698-2392	https://communitycounselingsolutions.org/warmline/
Douglas County Mental Health	HLN, CTR	OR		541-672-2691	https://www.adaptoregon.org
Grant County Mental Health	HLN, CTR	OR		541-575-1466; after hours crisis line: 541-575-0030	https://grantcountyoregon.net/326/Community-Counseling-Solutions
Harney County Mental Health	HLN, CTR	OR		541-573-2074	https://www.harneydh.com/services/behavioral-health/
Hood River County Mental Health	HLN, CTR	OR		541-386-2620; after hours crisis line: 888-877-9147	https://www.mccfl.org/services/mental-health/
Jackson County Mental Health	HLN, CTR	OR		541-774-8201	http://jacksoncountyor.org/hhs/Mental-Health
Jefferson County Mental Health	HLN, CTR	OR		541-504-9577	https://www.bestcaretreatment.org/

Josephine County Mental Health	HLN, CTR	OR		541-476-2373; after hours crisis line: 541- 474-5360	http://www.optionsonline.org/
Klamath County Mental Health	HLN, CTR	OR		541-883-1030	https://www.kbbh.org/
Lake County Mental Health	HLN, CTR	OR		541-947-6021	https://lakehealthdistrict.org/getpage.php?name=behavioral_health&sub=Wellness%20Center
Lane County Mental Health	HLN, CTR	OR		541-682-3608, 541- 682-4085; 24-hour crisis line: 541-687- 4000	http://www.lanecounty.org/cms/One.aspx?portalId=3585881&pageId=4133179
Lincoln County Mental Health	HLN, CTR	OR		Adults: 541-574- 5960; Children: 541- 265-4179; Lincoln City: 541-265-4196; Crisis Number 1-888- 232-7192 (24 hours)	https://www.co.lincoln.or.us/hhs/page/mental-health-substance-abuse-and-problem-gambling
Linn County Mental Health	HLN, CTR	OR		541-967-3866; 24- hour crisis line: 800- 304-7468; 24-hour crisis line: 800-560- 5535	https://www.linncountyhealth.org/mh
Malheur County Mental Health	HLN, CTR	OR		541-889-9167; 24- hour crisis line: 800- 995-9169	http://www.lifeways.org/
Marion County Mental Health	HLN, CTR	OR		503-588-5351, Woodburn: 503-981- 5851; Crisis Number 503-585-4949; Youth and Family Crisis Line focused on ages under 18(available 8am- 10pm 7 days a week) 503-576-HOPE (4673)	https://www.co.marion.or.us/HLT/MH/Pages/adultmentalhealth.aspx
Morrow County Mental Health	HLN, CTR	OR		Heppner: 541-676- 9161; Boardman: 541-481-2911	http://www.communitycounselingsolutions.org/

Multnomah County Mental Health	HLN, CTR	OR		503-988-5887; Crisis Numbers 503-988-4888, 1-800-716-9769	http://web.multco.us/mhas
Narcotics Anonymous	HLN, CTR	OR		503-345-9839	
Polk County Mental Health	HLN, CTR	OR		Dallas 503-623-9289; West Salem: 503-585-3012; after hours crisis line: 503-581-5535, 800-560-5833	http://www.co.polk.or.us/bh
Sherman County Mental Health	HLN, CTR	OR		541-296-5452; after hours crisis line: 888-877-9147	http://www.co.sherman.or.us/govt_mental_health.asp
Tillamook County Mental Health	HLN, CTR	OR		503-842-3900; 503-842-8201; Crisis Numbers 503-842-8201 or 1-800-962-2851	https://tillamookchc.org/behavioral-health/
Umatilla County Mental Health	HLN, CTR	OR		Pendleton: 541-276-6207, Hermiston: 541-922-6226, Milton-Freewater: 866-343-4473; 24-hour crisis line: 866-343-4473	http://www.lifeways.org/
Union County Mental Health	HLN, CTR	OR		541-962-8800; after hours crisis line: 541-962-7126	http://www.chdinc.org/
Wallowa County Mental Health	HLN, CTR	OR		541-426-4524; after hours crisis line: 541-398-1175	https://www.wvcenterforwellness.org/
West Women's and Children's Shelter	HLN, 247, DVA, EMG	OR	Portland	503-731-3900; 503-224-7718	https://westwomens.salvationarmy.org/

Multnomah County Mental Health Call Center	HLN, CTR	OR	Portland	24 Hour Crisis Lines: 503-988-4888 or 800-716-9769	https://www.multco.us/behavioral-health/system-care-adults
Multnomah Early Assessment and Support Alliance (EASA)	HLN, CTR	OR	Portland	503-988-3272	https://www.multco.us/behavioral-health/easa
Puentes	HLN, CTR	OR	Portland	503-546-9975	https://centralcityconcern.org/recovery-location/puentes/
Domestic Violence Resource Center	HLN, DVA	OR	Beaverton	503-469-8620; 503-640-5352	https://www.dvrc-or.org/
Domestic Violence Services Inc.	HLN, DVA	OR	Pendleton	See note.	http://www.dvs-or.org/Our-Services
HAVEN From Domestic and Sexual Violence	HLN, DVA	OR	The Dalles	24 Hour Crisis Line: 1-541-298-4789 or 1-800-249-4789	https://www.domesticshelters.org/help/or/the-dalles/97058/haven-from-domestic-and-sexual-violence
Helping Hands Against Violence	HLN, DVA	OR	Hood River	24/7 Crisis Hotline: 541-386-6603	https://www.helpinghandsoregon.org/
Helping Hands Against Violence, Inc.	HLN, DVA	OR	Hood River	541-386-6603	https://www.domesticshelters.org/help/or/hood-river/97031/helping-hands-against-violence-inc
Klamath Advocacy Center	HLN, DVA	OR	Klamath Falls	24/7 Crisis Line: 541-884-0390; 24/7 Rape Hotline: 541-883-7273	https://www.klamathadvocacycenter.org/
Lake County Crisis Center	HLN, DVA	OR	Lakeview	24 Hour Crisis Lines: 541-947-2449 or 800-338-7590	http://lakecountycrisiscenter.org/
Multnomah County Domestic Violence Coordinator's Office	HLN, DVA	OR	Portland		http://www.co.multnomah.or.us/dchs/dv/index.shtml
Oasis Advocacy & Shelter	HLN, DVA	OR	Gold Beach	Crisis hotline: 541-247-7600 or 1-800-4471167	https://oasisadvocacyandshelter.org/
Project Dove	HLN, DVA	OR	Ontario	24/7 Crisis Line: 1-800-889-2000	https://projectdoveor.org/

Women's Crisis Support Team	HLN, DVA	OR	Grants Pass	24/7 Crisis Hotline: 541-479-9349	http://www.wcstjoco.org/
Raphael House of Portland	HLN, DVA, TSF	OR	Portland	503-222-6222; 503- 222-6507	https://raphaelhouse.com/
Casa Esperanza	HLN, DVA	OR	Portland	503-974-9882	https://www.nwfs.org/women-and-children-shelter.html
Center Against Rape and Domestic Violence - Corvallis	HLN, DVA	OR	Corvallis	541-754-0110 or 1- 800-927-0197	https://cardv.org/
Center Against Rape and Domestic Violence - Lebanon	HLN, DVA	OR	Lebanon	541-754-0110 or 1- 800-927-0197	https://cardv.org/
American Civil Liberties Union of Oregon	HLN, LGL	OR	Portland	503-684-3763, Toll Free: 800-452-7636	http://www.aclu-or.org/
Alcohol/Drug Help Line Spanish	HLN, SNP	OR		1-877-515-7848	https://www.linesforlife.org/alcohol-and-drug-helpline/
Clackamas Women's Services	HLN, TSA	OR	Oregon City	888-654-2288; 503- 655-8600	http://www.cwsor.org/
Coordinated Housing Access	HLN, HOU	OR	Oregon City	503-655-8575	http://www.clackamas.us/communitydevelopment/cccha.html
Portland Copwatch	HLN, LGL	OR	Portland	Incident Report Line: 503-321-5120	https://portlandcopwatch.org/
MFS Project Linkage	HLN, TRN	OR	Portland	503-249-0471	https://www.mfspdx.org/project-linkage
Do Good Multnomah	HLN, VET, HOM	OR	Portland	503-436-5757	https://dogoodmultnomah.org/
Casa Esperanza Shelter	HLN, TSF, HOU	OR	Portland	503-974-9882. Crisis Line (24/7): 503-232- 4448.	https://www.shelterlistings.org/details/39704/
Sex, Gender, and Relationships Hotline	HLN	WA		415-989-7374	https://sgrhotline.org/

HLN Emergency hotline
247 24/7 Crisis line
CTR Counseling, Recovery and Therapy
DVA Domestic Violence Abuse
EMG Emergency shelter

HOM	Homeless services
HOU	Housing for families
LGL	Legal services
SNP	SNAP: Supplemental Nutrition Assistance Program
SUI	Suicide prevention
TSF	Temporary shelter - families
VET	Veteran support