

# Marysville Mental Health Resource List

Compiled by Sara Fuller, Marysville School Counselor

If you are concerned about the mental well-being of yourself or someone you know, please know that there are kind and compassionate people ready to help. We all need help sometimes and these resources can help people move through some of their most challenge-filled moments and save lives.

**If a student is experiencing a mental health crisis/emergency, and you need immediate support, please contact one of the resources below:**

- Multnomah County Call Center/Crisis Line (available 24/7)  
**English or Spanish (503) 988-4888**  
They will be able to support you over the phone and connect you with the right people to help in the moment.
- Kaiser Crisis Line (if you have Kaiser insurance)  
**(503) 331-6425**
- Cascadia Whole Health Care Urgent Walk-In Clinic. (<https://cascadiabhc.org/>)  
Open 9am to 9pm They take any insurance or no insurance  
**Address: 4212 SE Division, Portland**  
**Call: (503) 963-2575**

**Thoughts of suicide? These resources are available and trained to help:**

- National Suicide Prevention Lifeline (available 24/7)  
**English: (800) 273-8255**  
**Spanish: (800) 628-9454**
- Oregon Youthline: YouthLine is a free, confidential teen-to-teen crisis and help line. No problem is too big or too small for the YouthLine! (<https://oregonyouthline.org/>)  
**Text: Teen2Teen to 839863** to instantly text with another person  
**Call: (877)968-8491**
- Trevor Project: Supports for LGBTQiA+ youth (<https://www.thetrevorproject.org/>)  
**Text START to 678678**  
**Call TrevorLifeLine 1(866) 488-7386 for immediate support with thoughts of suicide**
- My3 - Support Network App: With MY3 you can be prepared to help yourself and reach out to others when you are having thoughts of suicide. (<https://my3app.org/>)

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## Concerns about Domestic Violence

- Call to Safety (<https://calltosafety.org/>)  
Call: (888) 235-5333

## Concerns about Child Safety

- Department of Human Services  
English or Spanish: (855) 503-7233

If a student is feeling low levels of anxiety, worry or stress, please contact one of the following resources:

- If you or your child would like to talk with me (school counselor), I am available and happy to support however I can.  
Phone: (503)912-8939  
Email: [sfuller1@pps.net](mailto:sfuller1@pps.net)  
<https://mindfulcounselor.weebly.com/>
- Oregon Youthline: YouthLine is a free, confidential teen-to-teen crisis and help line. No problem is too big or too small for the YouthLine! (<https://oregonyouthline.org/>)  
Text: Teen2Teen to 839863 to instantly text with another person  
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For longer term counseling, please contact your primary care doctor or [Psychology Today](#) for detailed filters to fit your individual needs in finding a Mental Health Professional to address a variety of issues.

If you have questions about any of the above, and don't need immediate support, please feel free to reach out to me through one of the options below.

Sara Fuller  
Marysville School Counselor  
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Email: [sfuller1@pps.net](mailto:sfuller1@pps.net)