



Need Mental Health Help?



Cascadia Behavioral Healthcare Urgent Walk-in Clinic

(503) 963-2575

4212 SE Division St, Suite 100

7am-10pm everyday

The UWIC provides mental health and crisis services to all individuals in Multnomah County regardless of insurance, income, or age. Their short-term services are based on clinical needs, and may include counseling, referrals to affordable mental health care, psychiatric prescriber services, substance treatment referrals, or other community resources.

<https://cascadiahealth.org/services/crisis-intervention/>



**Multnomah
County**

Multnomah County Crisis Call Center

(503) 988-4888

Call 24 hours a day, 7 days a week

The call center is available 24/7 to support anyone experiencing distress. You can also get help for someone else. Their trained clinicians offer support, and provide resources and referral. They can also dispatch mobile crisis services. Services are free and available in any language. All calls are confidential.

<https://www.multco.us/behavioral-health/mental-health-crisis-intervention>

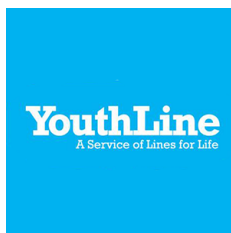


National Suicide Prevention Lifeline

Dial 988

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. They can help guide tough conversations and provide ideas and resources.

suicidepreventionlifeline.org



Oregon Youth Line

Talk: (877) 968-8491

Text: "teen2teen" to 839863

Chat: OregonYouthLine.org

YouthLine is a free teen-to-teen crisis support and help line. Adults are available by phone at all times and teens are available to help other teens from 4-10pm.

<https://www.theyouthline.org/>