



Mental Wellness Resources

PPS Parents/Caregivers:

Everyone is struggling in some way. You aren't alone. We care about your wellness. There are people and community organizations who can support you and your family.

If you are worried about your child or yourself, connect with any of the below supports and/or share your concerns with your medical provider.

Your health insurance may also have helpful resources. Call the # on the back of your insurance card. For information on getting health insurance: **Project Access Now** 503.345.6576 (interpretation available).

Your **school counselor, school social worker, or school psychologist** can also help connect you to mental wellness supports and services at your school or in the community.

Community-Based Resources for Parents/Caregivers/Families

<u>Call 211 Info</u>	For food, housing, other resource info (<i>interpretation services available</i>)
<u>Reach Out Oregon</u>	Parent/Caregiver Support Line: 833.732.2467
<u>Equity Support Line</u>	Staffed by people of Color for people of Color experiencing the impacts of racism: 503.575.3764 (<i>bilingual agents and interpretation services available</i>)
<u>Safe and Strong Warmline</u>	You don't need to be in crisis (<i>interpretation services available</i>) 800.923.4357
<u>Substance Use Helpline</u>	800.662.HELP(4357) (<i>Spanish-speaking agents and interpretation services</i>)
<u>Suicide Prevention Hotline (English)</u>	800.273.8255 (<i>interpretation services available</i>)
<u>Suicide Prevention Hotline (Spanish)</u>	888.628.9454
<u>Call to Safety</u>	Domestic violence or sexual assault concerns: 888.235.5333 (<i>interpretation services available</i>)
<u>Proyecto Unica</u>	Domestic violence supports in Spanish: 503.232.4448
<u>Multco Crisis Services</u>	Crisis Line: 503.988.4888 which can also include mental health supports coming to you or your child. Urgent Walk In Clinic (4212 SE Division) Same day mental health support appointment: 503.963.2575 (<i>interpretation services available</i>)
<u>See Something, Say Something Safe Oregon Anonymous Tipline</u>	Call/Text : 844.472.3367 (<i>Spanish-speaking agents and interpretation services available</i>)
<u>Lines for Life Teen Textline for Support</u>	Text teen2teen 839863 Youth can use it for themselves or a friend
<u>Youth Resource App</u>	Informed by youth for youth. Download for free on Apple and Android platforms.
<u>Multnomah County Student Health Centers</u>	Open for ALL Multnomah County youth grades K-12
<u>Office of Violence Prevention</u>	For youth and families impacted by community violence. OVP@portlandoregon.gov, 503-823-4180