



Mental Health Resources for Families and Students

Are you or someone you know feeling suicidal? Are you worried about your mental health or someone else's? We care about you. Please reach out to a friend, family member or one of the following helplines (each notes if interpretation is available):

- **Call to Safety**: If you are an adult and worried about your safety at home, 888-235-5333. Interpretation line available.
- **Proyecto Unica**: Spanish version of Call to Safety, 503-232-4448
- **DHS Hotline** (Oregon Department of Human Services) If you are worried about the safety of a child, 855-503-7233. Interpretation services available.
- **Multnomah County Crisis Services**: Call Center/Crisis Line, 503-988-4888 (24 hours a day, 7 days a week). Interpretation services available.
- **Kaiser Crisis Line**: Available if you have Kaiser insurance, 503-331-6425
- **National Suicide Prevention Lifeline**: English, 800-273-8255; Spanish, 800-628-9454 (24 hours a day, 7 days a week). Interpretation services available.
- **Oregon Youthline**: For youth to connect with other youth, text "Teen2Teen" to 839863 to instantly text with another person. Interpretation services available.
- **Trevor Project**: Supporting LGBTQIA+ youth. Text "START" to 678678 or call TrevorLifeLine, 1-866-488-7386
- **Trans Lifeline**: Supporting trans community members, call 877-565-8860

Preventing Youth Suicide: [Tips for Parents and Educators](#) (from the National Association of School Psychologists)