

# ADVOCACY RESOURCES

Resources for sexual, dating & domestic violence, abuse, trauma, bullying or harassment.



100% FREE & CONFIDENTIAL\*

## ADVOCACY HOTLINE FOR PPS STUDENTS

*\*Under Oregon law, Advocates are not mandatory reporters.*

503.809.HELP (4357)



Internet usage can be monitored and is impossible to erase completely. If you're concerned your internet usage might be monitored, call the National Domestic Violence Hotline at 800.799.SAFE (7233).

	Phone	Text	Chat	NOTES	online
<a href="#">Confidential Advocacy at PPS</a>	503.809.4357 (HELP)	Not at this time	Not at this time	Advocates provide free, 100% confidential support and referral to PPS youth of all genders who are experiencing any form of abuse, bullying or discrimination based on a protected class. <b>Advocates are not mandatory reporters under Oregon law.</b>	<a href="http://www.pps.net/titleix">www.pps.net/titleix</a> or contact Dr. Liane O'Banion, PPS Title IX Director, 503.568.2646 (call/text) or <a href="mailto:lobanion@pps.net">lobanion@pps.net</a>
<a href="#">YouthLine (Oregon)</a>	877.968.8491 24/7 (teens available daily 4-10PM)	Text "Teen2Teen" to 839863 24/7 (teens available daily 4-10PM)	<a href="#">Click here to chat</a> 24/7 (teens available daily 4-10PM)	YouthLine is a free, private (not confidential) teen-to-teen crisis and help line. Contact us with anything that may be bothering you. No problem is too big or too small for the YouthLine!	<a href="http://www.oregonyouthline.org">www.oregonyouthline.org</a>
<a href="#">The Trevor Project</a>	Lifeline: 866.488.7386 24/7	<a href="http://trevorspace.org">trevorspace.org</a> social network and online community connecting youth 24/7	<a href="http://trevorchat.org">trevorchat.org</a> confidential, secure internet chat that provides live help to youth in crisis 24/7	Leading national org providing crisis intervention and suicide prevention to lesbian, gay, bisexual, transgender and questioning youth age 13-24. Additional resources for parents and caregivers available.	<a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>
<a href="#">Call to Safety</a> (formerly Portland Women's Crisis Line)	503.235.5333 or 888.235.5333 24/7	503.235.5333 Mon-Fri 11AM-3PM	<a href="#">Click here to start chat</a> or <a href="#">Start here</a> Mon-Fri 11AM-3PM	Every Call to Safety advocate is trained to provide sexual assault advocacy on the crisis line. Our advocates offer emotional support, education, referrals to other agencies, information about support groups and help survivors understand their medical and reporting options. Advocates also provide in-person medical advocacy to individuals who have experienced sexual assault.	<a href="http://www.calltosafety.org">www.calltosafety.org</a>
<a href="#">RAINN</a> National Sexual Assault Hotline	800.656.HOPE (4673) 24/7	<a href="http://online.rainn.org">online.rainn.org</a> for direct messaging 24/7	<a href="#">Click here for live chat</a> 24/7	National organization dedicated to supporting survivors of rape, abuse, incest or neglect. <b>NEW! App now available</b> as alternative way to access support!	<a href="http://www.rainn.org">www.rainn.org</a>
<a href="#">National Suicide Prevention Hotline</a>	800.273.8255 Spanish: 888.628.9454		<a href="#">Click here to chat</a>	We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.	<a href="http://suicidepreventionhotline.org">suicidepreventionhotline.org</a>
<a href="#">Proyecto UNICA</a>	503.232.4448 24/7 Línea de Crisis disponible las 24 horas			La misión de El Programa Hispano Católico tiene tres aspectos principales: incrementar el acceso a la autonomía y autodeterminación, proveer apoyo a miembros de la comunidad mientras ellos identifican y definen su potencial, y crear conciencia sobre la gran diversidad dentro de la comunidad Latina.	<a href="http://www.projectunica.org">www.projectunica.org</a>
<a href="#">Multnomah County Mental Health Crisis Line</a>	503.988.4888 or 800.716.9769 24/7			If you or somebody you know is having trouble functioning, mental health and addiction services is here to listen. Translation services available. Emergency/urgent walk-in clinic 4212 SE Division St, Portland.	<a href="http://www.multco.us/behavioral-health/mental-health-crisis-intervention">www.multco.us/behavioral-health/mental-health-crisis-intervention</a>
<a href="#">Thorn (stop sextortion)</a>		Text "THORN" to 741741	<a href="#">Chat here</a> 24/7	<a href="#">Download steps to safety here.</a> Sextortion is when someone uses an explicit photo of you to threaten you to do something they want – it's bribery using nude or otherwise explicit photos instead of money. The Lesbian, Gay, Bisexual and Transgender (LGBT) National Youth Hotline provides telephone, online private one-to-one chat and email youth peer-support for youth up to age 25.	<a href="http://www.stopsextortion.com">www.stopsextortion.com</a>
<a href="#">LGBT National Youth Hotline</a>	888.246.7743. 24/7				<a href="http://glbthotline.org">glbthotline.org</a>
<a href="#">Trans Lifeline</a>	877.565.8860 24/7	<a href="#">Online chat rooms for youth here</a>	<a href="#">Click here for online chat</a>		<a href="http://www.translifeline.org">www.translifeline.org</a>
<a href="#">Victim Rights Law Center of Oregon</a>	503.274.5477 x6, leave a message 24/7		<a href="#">Click here if you are an Oregon survivor and need legal assistance.</a>	The VRLC offers free legal assistance to sexual assault survivors who have legal needs as a result of the assault in the following areas: privacy, safety, education (K-12 and college), employment, immigration, housing, LGBTQ-specific issues, criminal justice advocacy, and financial stability. Our legal services are available to sexual assault survivors of all sexual orientations and gender identities	<a href="http://www.victimrights.org">www.victimrights.org</a>
<a href="#">Childrens Center - A Place for Healing</a>	503.655.7725			Children's Center provides a welcoming, safe and neutral setting for children to share their experiences of abuse. While protective and loving families expedite a child's recovery from the trauma of abuse, caregivers may not know how to best support their children and how to prevent future abuse.	<a href="http://childrenscenter.cc">childrenscenter.cc</a>
<a href="#">Cares NW</a>	503.276.9000 Mon-Fri 8:00AM-5:00PM.			Child Abuse Response & Evaluation Services is a collaborative, community-based medical program. CARES Northwest's mission is to stop child abuse and neglect through multidisciplinary prevention, medical evaluation, and ongoing treatment in partnership with our community.	<a href="http://caresnw.org">caresnw.org</a> Two locations: Randall Children's Urgent Care 1960 NW 167th Place, Suite 103 Beaverton, OR 97006 and Legacy Emanuel Medical Center in Medical Office Building 1 at 2800 N. Vancouver Ave.
<a href="#">Love is Respect</a> (teen dating violence)	866.331.9474 24/7	Text "LOVEIS" to 22522 24/7	<a href="#">click here to chat</a> 24/7	Love is about more than just the way you feel. Love is confusing - get answers about equitable relationships.	<a href="http://www.loveisrespect.org">www.loveisrespect.org</a>
<a href="#">Sexual Assault Resource Center (SARC)</a>	503.640.5311 24/7			As a private, non-profit child abuse intervention center, we offer neutral, child-centered abuse and neglect evaluations. The Center works collaboratively as a partner on the Clackamas County Multidisciplinary Team (MDT) with local agencies responsible for intervening when there is concern for child maltreatment	<a href="http://www.sarcoregon.org">www.sarcoregon.org</a>
<a href="#">National Domestic Violence Hotline</a>	800.799.SAFE (7233) 24/7				<a href="http://www.thehotline.org">www.thehotline.org</a>
<a href="#">VOA-Homefree*</a>	503.771.5503 Mon-Fri 8AM-5PM			To assist adults and children surviving domestic violence to move not just toward safety, but toward freedom and all that the word home suggests. RH' Prevention Education program works with schools and community partners to fulfill our mission of someday ending domestic violence. This works lays a foundation for a safer future, creating a community that's healthier for everyone. Offers immediate safety and a wide range of supportive services for survivors of sexual and domestic violence including emergency housing.	<a href="http://www.voaorg.org">www.voaorg.org</a>
<a href="#">Raphael House*</a>	503.222.6222 24/7				<a href="http://www.raphaelhouse.com">www.raphaelhouse.com</a>

\*VOA & Raphael House partner w/PPS to deliver the confidential advocacy program.