

Get Help Now

More resources available:
www.namimultnomah.org/get-help-now

SUICIDE AND CRISIS LIFELINE

Call or text 988

Disponible en español. Llama o envía un mensaje de texto al 988.

MULTNOMAH COUNTY CRISIS LINE

503-988-4888

ALCOHOL & DRUG HELPLINE

Call 800-923-4357 (24/7)

or Text RecoveryNow
to 839863 (2 AM - 11 PM PST daily)

MILITARY HELPLINE

Call 888-457-4838 (24/7)

Text MIL1 to 839863 (2 PM - 6 PM PST daily)

RACIAL EQUITY SUPPORT LINE

Call 503-575-3764 (10 AM - 7 PM)

SENIOR LONELINESS LINE

Call 503-200-1633 (24/7)

TREVOR PROJECT SUPPORT LINE

Confidential 27/7 support for LGBTQ+ youth through age 24

Call 1-866-488-7386

Text 678678

YOUTHLINE

Call 877-968-8491 (24/7)

Text teen2teen to 839863 (4 PM - 10 PM PST daily)

Teens are available to help daily from 4 PM - 10 PM
(adults are available by phone at all other times)

In case of an emergency that requires police assistance:

Call 911 and ask for Emergency Responders with mental health experience from the "Enhanced Crisis Intervention Team."

About Us

NAMI Multnomah is the Portland area affiliate of the National Alliance on Mental Illness (NAMI). Our programs are:

- FREE!
- Lead by trained volunteers and staff with lived experience.
- Open to anyone who identifies with the group served, regardless of diagnosis.
- Opportunities for you to be heard, feel supported, and learn about your mental health conditions and recovery.

NAMI Multnomah is the place to be to get involved with the mental health community! We offer identity-specific programming that may include programming specifically for individuals who are BIPOC, LGBTQIA+, Veterans, young adults,, and more. Visit our website for current offerings.

For more information about our free programs, or to learn of other community programs that might best fit your needs, please give us a call on the **NAMI Multnomah HelpLine at 503-228-5692**.

Stay up to date with NAMI Multnomah and other relevant mental health events and opportunities by signing up to our newsletter at **www.namimultnomah.org**.



National Alliance on Mental Illness

Multnomah

Our mission is to improve the quality of life for people living with mental health conditions, and their families, through support, education, and advocacy.

524 NE 52nd Ave. Portland, OR 97213

namimultnomah.org

503-228-5692

info@namimultnomah.org



Support

www.namimultnomah.org/support

Identity-specific support groups available.
Visit our website for details.

Community Events

Drop-in groups for anyone and everyone to engage in fun activities and be in community.

Family Support Groups

Drop-in groups for adults (18+) with a family member or loved one that has experienced symptoms of a mental health condition.

Peer Support Groups

Drop-in groups for adults (18+) living with a mental health condition, regardless of a diagnosis.

Peer-Delivered Services

Free peer-based mental health support for those who are seeking additional guidance as they navigate their mental health journey. Population specific services are also available.



For more information about our Peer Delivered Services, please scan the QR code or visit www.namimultnomah.org/peer-delivered-services.

Education

www.namimultnomah.org/education

Identity-specific classes available.
Visit our website for details.

Family Education Classes

For family members of individuals who live with a mental condition.

Peer Education Classes

Mental health, wellness, and recovery for anyone experiencing a mental health condition.

Peer Support Specialist Training

Oregon Health Association approved training to certify individuals to work as Peer Support Specialists for adult mental health.

Community Presentations

www.namimultnomah.org/presentations

Ending the Silence

An engaging presentation for students, school staff, and families that includes an informative presentation on youth mental health and a young adult living with a mental health condition who shares their own story of recovery.

Evening with the Experts

Community experts present on mental health conditions and related topics to increase public awareness.

First Step

A presentation specifically designed for assisting individuals receiving inpatient psychiatric care to help better prepare them for leaving the hospital setting.

In Our Own Voice

Educational presentations that challenge attitudes, assumptions, and ideas about people with mental health conditions by providing personal perspectives.

Sharing Your Story with Law Enforcement

Presentations by peers and family members to share their stories with law enforcement and first responder audiences to build understanding, decrease inadvertent harm that can occur within systems, and promote access to supportive services.

Advocacy

www.namimultnomah.org/advocacy-programs

System of Care Collaborative

Join parents, family partners, youth, providers, and administrators to resolve barriers in mental health services for families.

NAMIWalks Northwest

Each year we bring together thousands of people from all backgrounds to help fight stigma around mental illness in our community.

NAMI Oregon Advocacy

NAMI Oregon members and allies work together to influence and improve state and local health care and government systems as they relate to individuals and families experiencing mental health conditions.

HelpLine

To connect to community programs or learn more about our services, please give us a call on the NAMI Multnomah Helpline at **503-228-5692** or send an email to info@namimultnomah.org.

Events Calendar

www.namimultnomah.org/events



We have other events too!

Scan the QR code to visit our events calendar and register for upcoming events. All events are FREE to participants!

Connect With Us!

Want to stay up in the loop with us? Sign up for our newsletter at

www.namimultnomah.org or follow us on social media!

 facebook.com/NAMIMultnomah

 [@NAMIMultnomah](https://www.instagram.com/NAMIMultnomah)

 [@NAMIMultnomah](https://www.twitter.com/NAMIMultnomah)

 namimultnomah.org

 [NAMI Multnomah Helpline 503.228.5692](tel:503.228.5692)