

# MENTAL HEALTH RESOURCES

**IF YOU NEED SOMEONE TO TALK TO...**

## YOUTHLINE

*Teen--to-teen support for those ages 12 -20.  
Call 877-968-8491 or text teen2teen to 839863.*

## TREVOR LIFELINE

*Offers 24/7 support for LGBTQ youth ages 13-24.  
Call 866-488-7386 or text START to 678678.*

## RACIAL EQUITY SUPPORT LINE

*Offers support for those who are feeling the impacts of racist violence and microaggressions. Weekdays, 10:00 AM - 7:00 PM.  
Call 503-575-3764.*

## LOVE IS RESPECT

*Offers 24/7 support for teens and young adults seeking help or information related to healthy relationships and dating abuse.  
Call 866-331-9474 or text LOVEIS to 22522.*

## NOT SURE WHERE TO START?

**The Multnomah County Crisis Line is available to help navigate resources 24/7. Call 503-988-4888.**

# IF YOU'RE CONSIDERING COUNSELING OR OTHER TREATMENT...

## PPS HEALTH CENTERS

*PPS students are eligible to receive primary care and mental health services, with or without insurance. For Jefferson High School, call 503-988-3360*

## LIFEWORKS NW

*Provides integrated primary care, addiction support, and behavioral health care. Accepts insurance, including OHP. 3716 NE MLK Blvd., Call 503-228-8066*

## EARLY ASSESSMENT & SUPPORT ALLIANCE

*Provides support and treatment for young people who are experiencing early symptoms of psychosis. Call 503-988-3272*

## DOUGY CENTER

*Offers free peer support groups for teens and young adults who are grieving. Call 503-775-5683*

## INTERESTED IN FINDING A THERAPIST?

Psychology Today offers a therapist search tool with the ability to sort by insurance, specialties, and more. Check it out at [www.psychologytoday.com](http://www.psychologytoday.com)

## NEED HELP WITH OTHER RESOURCES?

For support with access to basic needs (food, shelter, healthcare, and more), call 211 or text your zip code to 898211.