



Mental Health Crisis Resources

Crisis Lines

Multnomah County Crisis Line	503-988-4888
Clackamas County Crisis Line	503-655-8585
Washington County Crisis Line	503-291-9111
Clark County Crisis Line	1-800-626-8137

Suicide Prevention Lines

National Suicide Prevention Life line	1-800-273-8255
Veterans Crisis Line	1-800-273-8255 Press 1 Text 838255
Ayuda En Español	1-888-628-9454
Youthline	1-877-968-8491 Text "teen2teen" to 839863
Trevor Life line (for LGBTQ Youth)	1-866-488-7386

Urgent Care Walk-in Mental Health Clinics

Cascadia Behavioral Health Care (Multnomah County)

Hours: 7 days, 7am – 10:30pm 2415 SE 43rd Avenue (SE 43rd and Division), Portland, Oregon 97206

Centerstone (Clackamas County)

Hours: M-F, 9am – 8pm; Sat & Sun 10am-7pm 11211 SE 82nd Ave, Suite O, Happy Valley, Oregon 97086

Hawthorn Walk-in Center (Washington County)

Hours: 7 days, 9am – 8:30pm daily 5240 NE Elam Young Parkway, Hillsboro, OR 97124

Resource and Talk Lines

NAMI Multnomah Help Line	503-228-5692
David Romprey Warmline	800-698-2392
Community Voices are Born	360-903-2853