Suicide & Mental Health Support Resources

All ilingual resource

National Suicide & Crisis Lifeline
Call, text, or chat online 24/7/365
For deaf & hard of hearing – (800) 799-4889
En Español – Call 988 and press option 2

Call or text 988
988lifeline.org

Lines for Life YouthLine
Text - Text **teen2teen** to 839-863
Chat online at theyouthline.org

(877) 968-8491

Oregon Safe + Strong Helpline
Emotional support and resource referral line
Call 24/7/365

1-800-923-HELP (4357)
safestrongoregon.org

Marion County Health & Human Services
Psychiatric Crisis Center – 503-585-4949
Adult Behavioral Health – 503-588-5351
Children's Behavioral Health (including same-day access) – 503-576-4676

Polk County Mental Health
850 Main St. Dallas, OR 97338

(503) 623-9289 (daytime)
(503) 581-5535 (evening)

Yamhill County Health & Human Services

Adult Behavioral Health	(503) 434-7523
Crisis Line	(844) 842-8200
Family & Youth	(503) 434-7462

Oregon AgriStress Helpline
Crisis support for agricultural workers
Call or text 24/7/365

833-897-2474
agrisafe.org/agristress-helpline

Mid-Valley Resources
Operated by **Northwest Human Services**
Connect with over 500 services by searching online, or call their 24-hour hotline

midvalleyresources.org
(800) 560-5535

The Trevor Project
Support for LGBTQ+ youth
Call, text, or chat online 24/7/365

(866) 488-7386
Text **START** to 678-678
thetrevorproject.org

ZEROSuicide
IN HEALTH AND BEHAVIORAL HEALTH CARE
zerosuicide.sprc.org

Zero Suicide Website

Willamette
EDUCATION SERVICE DISTRICT

WESD Suicide Prevention Website

MID-VALLEY Suicide Prevention Coalition

MVSPC Website

Updated 06/04/25