



WARM LINE & SUPPORT LINE RESOURCES

General Resources

988 Lifeline - 988

The 988 Lifeline provides 24/7, free, confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

David Romprey Oregon WarmLine, 1-800-698-2392

7 days a week, 9 am-11 pm, talk with a trained peer who has experienced life challenges.

Crisis Text Line, Text HOME to 741741.

Free 24/7 support at your fingertips and connect with a crisis counselor through texting.

The National Alliance on Mental Illness Helpline - Oregon - 800-343-6264

Free online support groups, resources, classes and connection groups. Monday to Friday, 9 a.m. to 5 p.m.

Oregon's Behavioral Health Support Line, Call 1-800-923-HELP

A service that provides immediate no-cost behavioral health screening, counseling services, and referrals to available mental health and substance use recovery providers nearby for ongoing care, using a statewide directory tool. Callers do not need to be in a crisis to contact the line.

Domestic and sexual violence

National Domestic Violence Hotline 800-799-SAFE (7233) or text "Start" to 88788.

24/7 support via phone, text, or live chat.

SafeHarbors 24/7 Helpline 541-426-6565

24/7 support and is based in Wallowa County. They provide free, confidential support to all domestic violence survivors as well as friends, family, and community members who care.

LGBTQIA2S+

The Trevor Project Lifeline, 1-866-488-7386.

The Trevor Lifeline is a national 24-hour, toll-free confidential suicide hotline for LGBTQ+ youth.

Trans Lifeline, Call 877-565-8860,

Daily 10 am to 6 pm PST. Trans Lifeline provides trans peer support for our community that's been divested from police since day one. This is run by and for trans people. Volunteers may be available in off hours. Family and friends of a trans loved one in crisis can call the main number and ask for the Family and Friends Line.

Veterans and their families

Veterans Crisis Line, 1-800-273-8255 or call 988 Press 1.

The Veterans Crisis Line is a national 24-hour, toll-free confidential crisis line for veterans, service members, the national guard and reserve, and their families and friends.

Military Helpline, 457-4838 or Text MIL1 to 839863.

Support for service members, veterans, and their families that is independent of any branch of the military or government. Available 24/7.

National Call Center for Homeless Veterans, 877-424-3838.

24/7 support for veterans who are homeless or at risk of homelessness.

Parents

Reach Out Oregon, 833-732-2467

Monday -Friday 12 pm - 7 pm (except holidays). This warmline is to support parenting youth with emotional, behavioral, or mental health needs and is peer-to-peer support for parents and families.

Postpartum Support International (PSI), 800-944-4PPD (4773)

Refers parents to appropriate local resources in English and Spanish

Youth

Oregon YouthLine 1-877-968-8491 or text teen2teen to 8339863.

Oregon Youthline is a free, confidential teen-to-teen crisis and helpline. Contact Oregon YouthLine with anything that may be bothering you. No problem is too big or too small for the YouthLine. Teens are available to help daily from 4-10 pm Pacific Time (adults are available by phone at all other times).

Older Adults

Senior Loneliness Line, 503-200-1633.

This free statewide call service is for Oregonians 55 and older. A team of volunteers and staff are specially trained in working with older adults and they can provide ongoing support, connect you with resources, or just listen. Your information is completely confidential and no one will follow up with you unless you request a call.

Communities of Color

Racial Equity Support Line, 503-575-3764.

A peer support line for individuals and families mentally and emotionally impacted by racism. This line is available weekdays from 10 am to 7 pm, Pacific Standard Time.

Agriculture Workers

AgriStress Helpline, call or text (833) 987-2474

Free 24/7 confidential crisis and mental health resource, specifically designed to support Oregon's farmers, farm workers, ranchers, fisherman, foresters, and their families. The phone line can be accessed in up to 160 languages with the help of interpreters, and the text line offers English, Spanish, and Vietnamese.

Substance Use Disorders

Alcohol and Drug Helpline, 800-923-4357 or Text RecoveryNow to 839863.

The Alcohol and Drug Helpline serves anyone who needs information, support, or access to resources and treatment for alcohol or drug use. If you or someone you know needs help, the Alcohol and Drug Helpline is free, confidential, and available for calls 24/7/365. The Alcohol and Drug Text Line is open Monday through Friday, 2 pm to 6 pm PST.

Substance Abuse and Mental Health Services Administration (SAMHSA), 800-662-HELP (4357)

Free and confidential treatment referrals and information for individuals and families facing mental and/or substance use disorders.

Substance Use Disorder Warmline, 541-406-4444.

Covers Baker, Union, and Wallowa Counties. This is a 24/7 peer support line for anyone who is struggling with substance use disorders, mental health conditions, or both.

Eating Disorders

The National Eating Disorders Association (NEDA) , call or text 800-931-2237.

Offers support, resources, and treatment options for yourself or a loved one experiencing an eating disorder.

Natural Disasters

SAMHSA's Disaster Distress Helpline, 1-800-985-5990

a 24/7, 365-day-a-year crisis counseling and support line to help people experiencing emotional distress related to natural or human-caused disasters.

COVID

Safe + Strong Helpline, 1- 800-923-4357.

For emotional and mental support during COVID-19.