

National Resources:

The National Suicide Prevention Lifeline- available 24/7

<https://suicidepreventionlifeline.org/>

1-800-273-8255

Chat is available as well as services in Spanish and for the Deaf and Hard of Hearing

The Trevor Project- available 24/7- specializes in crisis services for LGBTQ identified individuals

<https://www.thetrevorproject.org/>

1-866-488-7386

Text START to 678678

Chat also available online

The Steve Fund- available 24/7- specializes in crisis services for People of Color

Text STEVE to 741741

<https://www.stevelfund.org/crisistextline/>

National Domestic Violence Hotline

<https://www.thehotline.org/>

1-800-799-7233

Substance Abuse and Mental Health Services Administration Helpline- available 24/7

<https://www.samhsa.gov/find-help/national-helpline>

1-800-622-4357

Trans Lifeline- available 24/7

Hotline staffed by volunteers who are all trans-identified

1-877-565-8860

<https://www.translifeline.org/>

Child Help USA National Hotline- available 24/7 in over 170 languages

Helps with youth who are experiencing child abuse

<https://www.childhelp.org/>

1-800-422-4453

Rape, Abuse, and Incest National Network- available 24/7

<https://www.rainn.org/>

1-800-656-HOPE

Live chat available

Local Resources:

AA & Smart Recovery Online groups for Portland

<https://www.pdxaa.org/>

<https://www.smartrecovery.org/community/>

OCD/Trauma Resources

<https://iocdf.org/ocd-finding-help/supportgroups/>

<https://www.bridgestorecovery.com/blog/staying-ahead-of-ptsd-finding-support-groups-or-networks/>

<https://www.linesforlife.org/volunteer/>