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.stevefund.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/