



Suicide & Mental Health Support Resources

✓ Bilingual resource



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



Lines for Life ✓

Youthline
Text
Chat online

(800) 273-8255
(877) 968-8491
Text **teen2teen** to 839-863
oregonyouthline.org



Cascade Centers (Employee Assistance Program) ✓

Counseling, wellness, and legal resources
Info for Marion County Employees

(800) 433-2320
cascadecenters.com
tinyurl.com/y4r5p9p2/eap_mc



Marion County Health & Human Services ✓

Psychiatric Crisis Center
Adult Mental Health
Children's Behavioral Health
Youth & Family Crisis Services

(503) 585-4949
(503) 588-5351
(503) 588-5352
(503) 578-4673



Polk County Mental Health ✓

850 Main St. Dallas, OR 97338

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



Mid-Valley Suicide Prevention Coalition ✓

For Polk & Marion Counties

mvsuicideprevention.org



Military Helpline

Text
Chat online
For deaf & hard of hearing

(800) 273-8255 (press 1)
838-255
veteranscrisisline.net
(800) 799-4889



National Suicide Prevention Lifeline ✓

For deaf & hard of hearing
En Español
Chat online

(800) 273-TALK (8255)
(800) 799-4889
(800) 628-9454
suicidepreventionlifeline.org



The Trevor Project ✓

Text
Chat online

(800) 866-488-7386
Text **start** to 678-678
thetrevorproject.org