

HELPLINES

and treatment resources

If you want to talk but are having trouble finding someone you can trust, there are local helplines you can call. You can ask questions and get support for any problem you, a sibling or a friend might be facing.



YouthLine

**Text 'teen2teen' to 839863
or call 877-968-8491**

Teen-to-teen helpline that answers texts or calls from anyone 21 or under. Trained teen volunteers are available to help between 4 pm-10 pm. Calls are answered by adults at all other hours. No problem is too big or too small.

Mental Health Crisis Hotlines

Marion County – 503-576-4763
Yamhill County – 844-842-8200
Local support. Calls are answered 24/7.

Polk County – 503-623-9289
Weekdays 8:00 am-5:00 pm
(Excludes holidays)

Lines for Life

Call or text 988

Free 24/7 support in English or Spanish. No-judgment help for thoughts of suicide or mental health crisis.

Safe and Strong Helpline

1-800-923-HELP or (800-923-4357)

Free 24/7 emotional support and resource referral to anyone who needs it, not only people having a mental health crisis.

Provoking Hope

971-261-2259

Monday-Friday, 8 am-5 pm. Outside of those hours, call 971-312-3752. Addiction recovery and services for ages 18+. Located in McMinnville.

