



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

Youth Line Text
Chat online

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



Trans Lifeline (Trans Peer Support)

Trans Lifeline Canada

✓ (877) 565-8860
contact@translifeline.org
(877) 330-6366



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) 576-4673



Polk County Mental Health

850 Main St. Dallas, OR 97338

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



Yamhill County Health & Human Services

Adult Behavioral Health
Crisis Line
Family & Youth

✓ (503) 434-7523
(844) 842-8200
(503) 434-7462



Mid-Valley Suicide Prevention Coalition

For Polk & Marion Counties

✓ mvsuicideprevention.org



Military Helpline

Text
Chat online
For deaf & hard hearing

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



National Suicide Prevention Lifeline

For deaf & hard of hearing
Español
Chat online

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



The Trevor Project

Text
Chat online

✓ (866) 488-7386
Text **START** to 678-678
thetrevorproject.org