

Do you need help?

-Thoughts of suicide

-Assistance with mental
health concerns

-Help in getting linked to
mental health providers



**Mental Health Call Center
and Crisis Line**

503-988-4888

1-800-716-9769 (Toll free)

Our compassionate counselors are ready to
help you **24 hours** a day, **7 days** a week.
Interpreter services are available.

