



Center for Student Health & Counseling  
Portland State University  
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## Crisis Resources

If you are in crisis and need urgent support, call SHAC Counseling Services at (503)725-2800 during any of our open hours (M-H 9am-5pm, F 9:30am-5pm). If you need in-person evaluation after hours, Unity Center for Behavioral Health (1225 NE 2nd Ave) has a mental health emergency room. After hours, you can also access crisis supports/emergency numbers.

Listed below are crisis lines and other resources. The phone numbers are listed alphabetically by state.

At the end of the list, there are additional national and local hotlines, as well as resources for specific populations.

*\*\*Note: Some of the links to Crisis Lines By County are from a website that does not consistently list the date that the lines were listed or updated; this may mean that some lines are outdated. The National Crisis Lines (1-800-273-8255, 1-800-784-2433) ARE likely the most reliable resource to refer to in the event that some of the smaller county crisis lines are no longer active or have not been recently updated.*

- **TEXT CRISIS LINES:** Send "HOME" to 741741, or send the name/abbreviation of the state you are in currently.

### Alabama

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- **The Crisis Center (Central Alabama):** (205) 323-7777
- **Website:** [Crisis Center Birmingham: Homepage](#)
- **Crisis Services of (North Alabama):** (256) 716-1000 or 1-800-691-8426
- <https://csna.org/>
- **Crisis Services (Southwest Alabama):** (251) 431-5111 or 1-800-239-1117
- [United Way 2-1-1](#)

### Alaska

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- **Statewide crisis line:** 877-266-HELP (4357) or 800-273-8255
- **Text:** 839863 3-11 p.m. Tuesday-Saturday
- **Website:** [www.CarelineAlaska.com](http://www.CarelineAlaska.com)

### Arizona

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- **Crisis hotlines by County:**
  - Maricopa County served by Mercy Care:  
1-800-631-1314 or 602-222-9444

- Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties served by Arizona Complete Health - Complete Care Plan:  
1-866-495-6735
- Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties served by Steward Health Choice Arizona:  
1-877-756-4090
- Gila River and Ak-Chin Indian Communities:  
1-800-259-3449
- Salt River Pima Maricopa Indian Community:  
1-855-331-6432

## Arkansas

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- **Statewide Crisis hotline:** 888.274.7472
- **Website:** [Arkansas Crisis Center: Home](#)

## California

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- **Crisis line by county:** [County Mental Health Plan Information: Contact, Beneficiary Handbook, and Provider Directory](#)
- **California statewide warmline:** 1-855-845-7415, Monday through Friday, 7 a.m. – 11 p.m. , Saturday, 7 a.m. – 3 p.m., Sunday, 7 a.m. – 9 p.m.

## Colorado

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- **Statewide crisis hotline:** 1-844-493-8255
- **Text:** “TALK” to 38255
- **Website:** [Colorado Crisis Services](#)

## Connecticut

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- **Mobile Crisis and Crisis hotlines by County:** [Crisis Resources](#)

## Delaware

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- **Northern Delaware Crisis Hotline:** 800-652-2929
- **Southern Delaware Crisis Hotline:** 800-345-6785
- **Website:** [Crisis Intervention](#)

## Florida

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- **Crisis hotlines by county:** <https://www.depression-understood.org/information/florida.htm#1>

## Georgia

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- **Crisis hotline and Access Line (GCAL):** 1-800-715-4225
- Client can download app “My GCAL” to text and live chat with crisis support providers

- **Website:** » [Georgia Crisis and Access Line \(GCAL\)](#)

## Hawaii

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- **Statewide hotline:**
  - On Honolulu: 808-832-3100.
  - On the neighbor islands: 1-800-753-6879

## Idaho

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- **Statewide Hotline:** Call or text 1-208-398-4357
- [Idaho Suicide Prevention Hotline: Home](#)

## Illinois

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- **Crisis hotline by county:** <http://www.suicide.org/hotlines/illinois-suicide-hotlines.html>

## Indiana

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- **Statewide Crisis hotline:** (317) 251-7575
- **Text:** CSIS to 839863
- **Website:** [Crisis & Suicide Intervention Hotline](#)
- **Crisis hotline by county:** <http://suicidehotlines.net/indiana.html>

## Iowa

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- **Statewide crisis hotline:** (855) 581-8111
- **Text:** (855) 895-8398
- **Website:** [Suicide | Iowa Department of Public Health](#)

## Kansas

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- **Crisis lines by county:** [CMHC 24-Hour Crisis Lines](#)

## Kentucky

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- **Crisis lines by county:** [Kentucky Cabinet for Health and Family Services](#)

## Louisiana

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- **Crisis lines by county:** <http://www.suicide.org/hotlines/louisiana-suicide-hotlines.html>

- **Crisis response resources:** [www.ldh.la.gov/index.cfm/page/2519](http://www.ldh.la.gov/index.cfm/page/2519)

## Maine

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- **Statewide crisis hotline:** 1-888-568-1112 (Voice) or 711 (Maine Relay)
- **Website:** [Crisis Services](#)
- **Crisis lines by county:** [For Website - Crisis Response Programs 8-8-2016](#)

## Maryland

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- **Statewide crisis hotline:** call 211 and select option 1
- **Text line:** Text your zip code to 898-211
- **Crisis lines by county:** [Maryland Resources - On Our Sleeves](#)
- **Local (Baltimore and Surrounding Areas)**
  - Baltimore Crisis Response, Inc. (BCRI): (410) 433-5175
  - Baltimore County Response System: (410) 931-2214
  - First Call for Help: (410) 685-0525 or 211
  - Grassroots Crisis Line (Central Maryland): (410) 531-6677

## Massachusetts

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- **Crisis hotline by County:** <https://namimass.org/wp-content/uploads/esps.pdf>
- **Samaritans Crisis hotline (Boston):** 617-247-0220
- **Fenway Health (LGBTQIA+):** 617-267-9001
- **Boston Area Rape Crisis Center (BARCC):** 800-841-8371

## Michigan

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- **Statewide crisis hotline:** Dial 211
- **Text:** zip code to 898211
- **Crisis line by county:** [MDHHS - Coalitions and Crisis Lines](#)

## Minnesota

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- **Crisis hotline by county:** [Adult mental health crisis response phone numbers](#)
- **Minnesota Farm & Rural Helpline:** 833-600-2670 x 1

## Mississippi

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- **Crisis line by county:** [Department of Mental Health Crisis Services](#)

## Missouri

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- **Statewide Crisis hotline:** (573) 445-5035 or text the word HAND to 839863
- **Crisis line by county:** [Access Crisis Intervention](#)

## Montana

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- **Crisis lines by county:** <http://www.suicidehotlines.com/montana.html>
- **Mental Health Service Directory:**  
<https://www.dropbox.com/s/09sx3g0m24g0hee/NAMI%20Montana%20County%20Resource%20Guide%207NOV16%20%283%29missoula%20county.xlsx?dl=0>

## Nebraska

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- **CenterPointe Helpline:** 1-402-475-6695
- **Nebraska Family Helpline:** 1-888-866-8660
- **Crisis lines by county:** <http://www.suicidehotlines.com/nebraska.html>

## Nevada

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- **Reno Crisis Call Center:** 1-775-784-8090
- **Text line:** Text “Answer” to 839863
- **Crisis lines by county:** <http://www.suicidehotlines.com/nevada.html>
- **Nevada Warmline:** 1-775-241-4212 (call or text)

## New Hampshire

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- **New Hampshire Help Line:** 1-603-225-9000, 1-800-852-3388
- **Crisis lines by county:** <http://www.suicidehotlines.com/newhampshire.html>

## New Jersey

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- **New Jersey Hopeline:** 1-855-654-6735, njhopeline.com
- **Crisis lines by county:** <http://www.suicidehotlines.com/newjersey.html>
- **Mental Health Service Directory:**  
[https://www.state.nj.us/humanservices/dmhas/home/hotlines/MH\\_DIRECTORY\\_by\\_County.pdf](https://www.state.nj.us/humanservices/dmhas/home/hotlines/MH_DIRECTORY_by_County.pdf)

## New Mexico

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- **Crisis and Access Line:** 1-855-662-7474
- **Warmline:** 1-855-466-7100 (text [6pm to 11pm] or call [3:30pm to 11:30pm])
- **Crisis lines by county:** <http://www.suicidehotlines.com/newmexico.html>

## New York

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- **Crisis lines by county:** <http://www.suicide.org/hotlines/new-york-suicide-hotlines.html>
- **NYC Well:** (1-888-NYC-WELL)
- **Text:** (send "WELL" to 65173), or chat ([NYC Well – Talk. Text. Chat. 24/7](#))

## North Carolina

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- **North Carolina Helpline:** 1-800-451-9682 (8:30am – 5:00pm)
- **North Carolina Text Helpline:** 1-919-999-6527
- **Crisis resources by county:** <http://crisissolutionsnc.org/>
- **Crisis lines by county:** <http://www.suicidehotlines.com/northcarolina.html>

## North Dakota

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- **Crisis lines by county:** <http://www.suicide.org/hotlines/north-dakota-suicide-hotlines.html>
- **North Dakota Mobile Crisis Service:** 1-701-298-4500 (5pm – 8am during weekdays, 24 hours on weekends)
- **Sanford Behavioral Health:** 1-800-437-4010

## Ohio

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- **Crisis services compendium (includes warmline contact information):**
- <https://mha.ohio.gov/Portals/0/assets/SchoolsAndCommunities/CommunityAndHousing/CapitalPlanning/Crisis%20Services/CrisisCompendium-web.pdf>
- **Southwest Ohio Resources by county:** <https://namiswoh.org/crisis-info/>
- **Crisis lines by county:** <http://www.suicide.org/hotlines/ohio-suicide-hotlines.html>

## Oklahoma

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- **Crisis lines by county:** <http://suicidehotlines.com/oklahoma.html>
- **Helplines:** [Oklahoma Department of Mental Health and Substance Abuse Services - Hotlines and Helplines for Families](#)

## Oregon

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- **Crisis lines by county:** [Oregon Health Authority : Crisis Lines : Suicide Prevention](#)
- **Multnomah County:** [Mental Health Crisis Intervention](#)
- **Washington County:** [Crisis Services](#)
- **Warmline:** 1-800-698-2392

## Pennsylvania

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- **Crisis lines by county:** [Crisis Intervention by County](#)
- **Helplines:** [Crisis and Helplines](#)

## Rhode Island

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- **Statewide crisis line:** 1-401-272-4044
- **Crisis lines by county:** <http://www.suicidehotlines.com/rhodeisland.html>

## South Carolina

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- **Resources by county:** [Crisis Hotline](#)
- **Crisis lines by county:** <http://www.suicide.org/hotlines/south-carolina-suicide-hotlines.html>
- **Statewide crisis line:** 1-833-364-2274

## South Dakota

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- **Crisis lines by county:** <http://www.suicidehotlines.com/southdakota.html>
- **Helpline:** 1-605-339-8599

## Tennessee

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- **Statewide crisis line:** 1-855-274-7471
- **Crisis and helplines by county:**
  - <http://www.suicide.org/hotlines/tennessee-suicide-hotlines.html>

## Texas

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- **Crisis lines by county:** <http://www.suicide.org/hotlines/texas-suicide-hotlines.html>
- **Suicide and Crisis Center of North Texas:** 1-214-828-1000
- **North Texas Mobile Crisis Outreach Team:** 1-866-260-8000
- **Mental Health Navigation Line:** 1-972-525-8181 (10am to 6pm Monday through Friday)

- **Texas HHS 24/6 Statewide COVID-19 Mental Health Support Line:** 833-986-1919

## Utah

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- **Statewide:** 1-801-587-3000
- **Warmline:** 1-801-587-1055
- **Crisis lines by county:** <http://www.suicidehotlines.com/utah.html>

## Vermont

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- **Statewide:** 1-833-888-2557 (3pm – 6am)
- **Crisis lines by county:** <http://www.suicidehotlines.com/vermont.html>

## Virginia

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- **Statewide Helpline:** 1-888-486-8264
- **Crisis lines by county:** <http://www.suicide.org/hotlines/virginia-suicide-hotlines.html>

## Washington

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- **Crisis lines by county:** [Mental health crisis lines](#)
- **Crisis Connections:** 1-206-427-4747

## West Virginia

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- **Crisis lines by county:** <http://www.suicidehotlines.com/westvirginia.html>
- **Helpline 4WV:** Call or text 1-844-435-7498 or chat online
- <https://www.help4wv.com/home#aboutus>

## Wisconsin

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- **Crisis lines by county:** [County Crisis Lines](#)

## Wyoming

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- **Crisis lines by county (includes an interactive map with crisis line information and other resources for each part of the state):** [Suicide Prevention](#)

## Local Crisis Support (Portland, Oregon)

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- **Multnomah County Crisis Line:** (503) 988 – 4888
- **Unity Center (open 24 hours):** 1225 NE 2<sup>nd</sup> Ave, Portland, OR 97232
- **PSU Center for Student Health and Counseling:** (503) 725-2800
- **PSU Campus Public Safety:** (503) 725-5911



# National Resources

## Suicide Prevention Crisis Lines

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- **National Suicide Prevention Hotline:** 1-800-273-8255 or Text START to 741741
- **Life Suicide Lifeline:** 1-800-273-8255 or text 273 TALK to 839863 (8:00 am to 11:00 pm daily)

## Culturally Sensitive Crisis Resources

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- **Amala Muslim Youth Hopeline:** 1-855-952-6252 (1-855-95-AMALA) <https://www.amalahopeline.com/>
- **Ayuda en Espanol:** 1-888-628-9454
- **People of Color Crisis Text Line (The Steve Fund):** Text STEVE to 741741 <https://www.stevfund.org/>
- **Muslim Crisis Text Line:** Text SALAM to 741741

## Resources for Trans and LGBTQ+ Individuals

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- **Translife Line:** 1-877-565-8860
- **LGBTQ Suicide Hotline:** 1-866-488-7386
- **National Self-Injury and Suicide Hotline for LGBTQ+ (Trevor Project):** 1-866-488-7366
- **Northwest Network LGBT Survivors of Abuse:** 1-206-568-7777
- **The Anti-Violence Project for LGBTQ and HIV-affected communities:** 1-212-714-1141
- **Additional Resources for Clients Who Identify as Transgender (By the SHAC Queer and Trans Care Team):** <https://www.pdx.edu/shac/sites/www.pdx.edu.shac/files/Transgender%20Health%20Care%20Resource%20Guide-%201.28.2020%20%282%29.pdf>

## Resources for Veterans and Military Service Persons

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- **Military Veteran Crisis Line:** Text: 838255; Call: 1-800-273-8255 and press 1; TTY service: 1-800-799-4889//online chat: <https://www.veteranscrisisline.net/get-help/chat>
- **Active Duty and Reserve Crisis Line:** Text: 838255; Call: 1-800-273-8255 and press 1; TTY service: 1-800-799-4889//online chat: <https://www.veteranscrisisline.net/get-help/chat>

- **Military Helpline:** 1-888-457-4838, Text MIL1 to 839863 (available 8:00 am to 11:00 pm PST)
- **Additional Resources for Military Personnel and Veterans:**  
[https://docs.google.com/document/d/1tTz44ObSKffYBVyV1ITroxm8sILec5w08\\_81Z0VCYds/edit#heading=h.rbkzkveef737](https://docs.google.com/document/d/1tTz44ObSKffYBVyV1ITroxm8sILec5w08_81Z0VCYds/edit#heading=h.rbkzkveef737)

## Other Resources

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- **Postpartum Depression Line:** 1-800-773-6667
- **National Graduate Student Crisis Line:** 1-800-472-3457

## Interpersonal Violence Crisis Lines

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- **Call to Safety Crisis Line (Domestic/Interpersonal Violence):** 1-888-235-5333
- **National Domestic Violence Hotline:** 1-800-799-7233//TTY Service 1-800-787-3224
- **National Sexual Violence Hotline (RAINN):** 1-800-656-4673
- **National Human Trafficking Hotline:** 1-888-373-7888, text 233733

## Mental Health Help Lines

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- **National Alliance on Mental Health (NAMI) Helpline:** 1-800-950-6254
- **SAMHSA Hotline:** 1-800-662-4357//TTY Service 1-800-487-4889
- **Lines for Life Alcohol and Drug Helpline:** 1-800-923-4357, text RecoveryNow to 839863 (available 8:00 am to 11:00 pm daily)
- **Active Minds Helpline:** Text BRAVE to 741741
- **National Eating Disorder Association Helpline:** 1-800-931-2237, text NEDA to 741741
- **SAMHSA Disaster Distress Hotline:** 1-800-985-5990, text TalkWithUs to 66746