

Suicide Prevention Emergency Contacts

9-1-1 should be contacted if you or your loved one is in immediate danger and needs urgent medical attention. Please remember that there is someone who cares and is willing to listen and speak with you when you are feeling depressed and/or suicidal. People do care about your safety and well being.

County/City	Populations Served	Name	Contact Information	Description of Services
Statewide	All	Emergency Medical Response	9-1-1	Emergency Medical services will be dispatched to your given location within minutes of calling.
Nationwide	All	National Suicide Prevention Lifeline	1-800-273-8255	24 hour hotline with trained counselors available to listen and talk with you.
Nationwide	All	Disaster Distress Helpline	1-800-985-5990 Text: "TalkWithUs" to 66746 https://www.samhsa.gov/find-help/disaster-distress-helpline	24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster.
Nationwide	Seniors	Institute on Aging	1-800-971-0016	24 hour suicide and grief friendship line for the elderly offering telephone support to depressed, isolated, abused and/or suicidal older adults
Nationwide	All	National Alliance for Mental Illness	1-800-950-NAMI Text: "NAMI" to 741741 https://www.nami.org/Home	24/7, confidential and FREE crisis counseling line for people. NAMI can help link you with local or virtual services as needed.
Nationwide	Spanish Speaking	Suicide Hotline in Spanish	1-888-628-9454	24 hour crisis hotline
Nationwide	LGBTQ	The Trevor Project	1-866-488-7386 https://www.thetrevorproject.org/	Crisis intervention and suicide prevention for lesbian, gay, bisexual, transgender and questioning youth.
Nationwide	Veterans	Veterans Crisis Line	1-800-273-8255, press 1 Text: 838255	24 hour Confidential live veterans chat
Nationwide	Youth	YouthLine	1-877-968-8491 Text: "teen2teen" to 839863 https://oregonyouthline.org/	Youth America Hotline, counseling for teens by teens. Online chat available too!
On-line	All	Crisis Chat	www.crisischat.org	Online emotional support. Hours vary 12 hrs day/7 days week
On-line	All	I'm Alive	www.imalive.org	Online crisis network suicide and crisis chat. Available 24 hours day.