

Crisis Resource Information

Child Safety Concerns?

[DHS](#): If you suspect a child is being abused or a person has abused a child.

855.503.7233 (translation services available)

Family Safety Concerns?

[Call to Safety](#): supports domestic violence survivors, friends and family

1.888.235.5333 (translation services available)

[Proyecto Unica](#): supports domestic violence survivors, friends and family

503 232 4448 (Spanish)

See Something, Say Something

[SafeOregon Tipline](#): Anonymous reporting mechanism if you see or hear about unsafe behaviors or threats to safety

844 472 3367 (call or text) tip@safeoregon.com (email)

Mental Health Concerns?

[Multnomah County Crisis Services](#) 24 hours a day, 7 days a week

(503) 988-4888 (translation services available)

[Kaiser Crisis Line](#) (503) 331-6425 if you have Kaiser insurance

[National Suicide Prevention Lifeline](#) 24 hours a day 7 days a week

English: 1 (800) 273-8255(translation services available) Spanish: 1 (800) 628-9454

Online Support Specifically for Youth

[Oregon Youthline](#): for youth to connect with other youth

Text: Teen2Teen to 839863 to instantly text with another person (translation services)

[Trevor Project](#): supporting LGBTQiA+ youth

Text START to 678678 or TrevorLifeLine 1(866) 488-7386

Support Specifically for Parents/Caregivers

[National Parent Hotline](#)

855.427.2736 (English and Spanish)

Support Specifically for Immigrants and Refugees

www.Usahello.org (multiple languages)

Emergency Relief/Community Resources Information

<https://www.earl Blumenauer.com/coronavirus/>