Care. Ask. Connect.

Suicide Prevention & Mental Health Resource Guide

Contents:

- Crisis Lines
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- Resources mentioned in Modules 5-8

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Crisis Lines:

There are many crisis line services available if you or someone you know is in need of support. Remember, you do not have to be the one who is in a crisis to call.

Suicide & Crisis Lifeline - call, chat, text 24/7 - Tele-Interpreters available (supports +150 languages) - Spanish Language Line (888) 628-9454 - Talk to Someone Now	**988**

Lines for Life (Oregon) - 24/7
- Alcohol & Drug Helpline (800) 923-4357
- Military Helpline (888) 457-4838
- Racial Equity Support Line (503) 575-3764
  - 10am-7pm Mon-Fri
  - calls answered by BIPOC counselors
	(800) 273-8255

Local Crisis Lines - Clackamas County (503) 655-8585 - Washington County (503) 655-8585 - Multnomah County (503) 988-4888	
Crisis Text Line - Muslim-identified: Text SALAM to 741741 - POC: Text STEVE to 741741	**Text HOME to 741741**
Queer Crisis Lines - LGBTQ+ Suicide Hotline (866) 488-7386 - Trans Lifeline (877) 565-8860	
Call to Safety Crisis Line (Domestic Violence)	**(888) 235-5333**
Warmlines that don't use police	
Find a helpline in your home country	

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On-Campus Resources:

- Center for Student Health & Counseling (SHAC)
  (503) 725-2800
  University Center Building: 1880 SW 6th Ave., Suite 200
  - Emergency & Crisis Services
  - Workshops & Drop-In Groups
  - Group Counseling
  - Individual Counseling
  - Patient Portal

- Community Counseling Clinic
  - Cost: $20/session. Reduced fees can be negotiated in cases of financial hardship. (Not a crisis service)
  - 503-725-4620 & clinic@pdx.edu
  - 1810 SW 5th Ave Suite 240

- PSU CARES
  - (503) 725-4422
  - Submit a Care Referral
  - email: askdos@pdx.edu

- Campus Public Safety
  - Emergency (503)-725-5911
  - Non-Emergency (503)-725-4407

- General Student Emergency Fund (PSU)
  - Offers short-term financial assistance to PSU students during times of crisis by providing financial support where a clear need exists.
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Student Resource Centers
While PSU Student Resource Centers do not provide counseling or crisis services, they do provide the opportunity to build community with other students on campus. Explore the resources below and reach out to connect!

- Cultural Resource Centers
  - email: cultures@pdx.edu
- Disability Resource Center
  - (503) 725-4150 **/** email: drc@pdx.edu
  - 116 Smith Memorial Student Union
- International Student Services
  - (503) 725-4094 **/** email: intl-services@pdx.edu
  - 660 Karl Miller Center
- Native American Student and Community Center
  - (503) 725-9695 **/** email: nascc@pdx.edu
  - 710 SW Jackson St
- Queer Resource Center
  - email: qrc@pdx.edu
  - Smith Memorial Student Union Suite 458
- Services for Students with Children
  - (503) 725-9878
  - Smith Student Union Suite 462
- Veterans Resource Center
  - (503) 725-6150
  - Smith Memorial Student Union Suite 018
- Women's Resource Center
  - (503) 725-5672
  - Smith Memorial Student Union Suite 439
  - Sexual and Relationship Violence Response Program
  - VIRTUAL FRONT DESK

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Off-Campus Resources:
This is not a comprehensive list of mental health resources. Reach out to 211, or refer to the additional resource guides on the next page to explore more options available to you.

- Cascadia Health Urgent Walk-In Clinic
  - (503) 963-2575
  - 4212 SE Division St., Suite 100, Portland, OR 97206
  - Open seven days a week, 7am-10:30pm. (mental health and addiction crisis services for all individuals in Multnomah County regardless of insurance or income)
- Unity Center for Behavioral Health
  - (503) 944-8000
  - 1225 NE 2nd Ave. Portland, OR 97232
  - (24/7 walk in mental health crisis assistance & inpatient care)
- ThrivingCampus
  - ThrivingCampus is an online directory that allows PSU students to access a list of off-campus, licensed mental health clinicians, many of whom specialize in working with students.
- 211INFO
  - Call 211 or TEXT your zip code to 898211
  - 24/7 support in accessing resources. Calls can be made anonymous
  - Email: help@211info.org
- Liberation Institute
  - Licensed professional counselors and interns offering telehealth offering professional psychotherapy for adults, youth, children, couples, and families.
  - Contact: 503-836-7350 x3
  - Cost: Generous sliding scale, no one turned away for lack of funds.

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Additional Resource Guides

- Rose City Resource Guide (created by Street Roots)
    - A virtual database that includes free and reduced cost resources in Multnomah, Washington, and Clackamas counties related to: Food, Housing & Shelter, Transit, Health & Wellness, Money, Care & Safety, Work, Legal, Day Services, Specialized Assistance, as well as Clothing, Food, & Hygiene items

- NAMI National Helpline Resource Directory
    - Information, Resources, Support
    - (800) 950-6264 M-F 10am - 10pm ET

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Module 5 Resources: Supporting Military-Affiliated Students

Veterans & Military Crisis Line

- Call 988 and then press 1, or Access via Text at 838255

Lines for Life Military Helpline Call (888) 457-4838

Veteran Resource Center

- Smith Memorial Student Union (SMSU), Suite 018
- Monday to Friday 9am-5pm / Message VRC on Discord
- Call VRC: (503) 725-6150 / Email VRC: psuvrc@pdx.edu

Veterans and service members experiencing thoughts of suicide can go to any VA or non-VA health care facility and receive emergent care at no cost. You don't need to be enrolled in the VA system to use this benefit.

VOA|ReST

- Register for a confidential group session using Hey Peers, a platform that's similar to Zoom. Pick a time that works and sign up using the coupon code VA4FREE.

Star Behavioral Health Providers connects military service members and their families with licensed counselors who have specialized training in military culture and treatments

The Returning Veterans Project (RVP) Provider Directory. Call an available provider and let them know you were referred by the RVP. You don't need paperwork, verification, or authorization to receive **free, confidential services**.

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Module 6 Resources: Supporting Autistic Students

Disability Resource Center

- Smith Memorial Student Union (SMSU) Suite 116
- Monday-Friday 9:00am - 5:00pm, but hours can vary. Check out the website or reach out to the DRC directly to learn about current hours
- Email DRC: drc@pdx.edu
- Call DRC: (503) 725-4150

Self-Advocacy Resources: Make connections, access resources, and receive support from the organizations included below!

- Autism Women and Nonbinary Network
- ASAN (Autism Self Advocacy Network)
- Autism and Grief Project
- Global and Regional Autism Spectrum Project (GRASP)
- Asperger / Autism Network
- Embrace Autism

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Resource from Module 7: Supporting LGBTQIA2S+ Students

Trevor Project provides crisis support to LGBTQ young people 24/7, all year round.

- Call 1 (866) 488-7386 or text "Start" to 678-678 to speak to a trained counselor.

Trans LifeLine provides peer support, run by and for trans people that connects trans people to the community, support, and resources we need to survive and thrive.

- Call (877) 565-8860 to connect with the Trans Lifeline.

Queer Resource Center (QRC)

- Smith Memorial Student Union, Suite 458
- QRC Drop-in space is open Monday-Thursday 10-3pm
- Email QRC: qrc@pdx.edu
- Call QRC: (503) 725-9742

The Q Center

- The largest LGBTQ+ Center in the Pacific Northwest offering a variety of support groups and programs that are community-based and peer-led.
    - 4115 N Mississippi Ave in Portland
    - Call (503) 234-7837 and leave a message
    - Email info@pdxqcenter.org

True Colors Recovery

- Substance use recovery support services for LGBTQ+ people, 18 and older.
    - 3807 NE Martin Luther King Blvd
    - Hours: 2pm - 10pm

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    - Call True Colors Recovery: 971-266-2323
    - Contact Us page

Provider Directories

- The National Queer & Trans Therapists of Color Network created a mental health practitioner directory to connect QTBIPOC folks with QTBIPOC licensed, pre-licensed, and/or certified mental health practitioners. Got questions or need more information? Send them a message at directory@nqttcn.com.

- Care Oregon Gender Affirming Care provider directory is updated quarterly and is specifically for people with Oregon Health Plan (OHP).

- LGBTQ+ Resources | The City of Portland

Virtual Spaces for Building Connections

- TrevorSpace An affirming, online community for LGBTQ+ young people between the ages of 13-24. TrevorSpace helps young people explore their identities, get advice, find support, and make friends in a moderated community intentionally designed for them.

- PFLAG Connects Online Support Circles Peer-to-peer emotional and educational support to LGBTQ+ folks, families, friends, and allies navigating their own or a loved one's coming out process - wherever you are, whenever you need support.

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Resource from Module 8: Supporting International Students

Crisis Line Directory you can access if you are outside of the United States.

Office of International Student and Scholar Services

- Email anytime at intl-services@pdx.edu, or visit one of their office locations:
  - University Center Building (UCB) Suite 400; Open Mon-Thurs 9:00 am - 4:00 pm
  - Karl Miller Center, Suite 660; Open Mon-Fri 9:00 am - 4:00 pm

Organization of International Students (OIS)

- A student organization built to serve the international student community at PSU. OIS provides networking opportunities, leadership roles, and multicultural events to help international students connect with the university and the community of greater Portland.
  - Connect with OIS at ois@pdx.edu

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