



Suicide & Crisis Lifeline

**988**

[www.linesforlife.org](http://www.linesforlife.org)



Services Available 24/7

**Suicide & Crisis Lifeline** 988

**Military Helpline** 888.457.4838

**Senior Loneliness Line** 800.282.7035

**Alcohol & Drug Helpline** 800.923.4357

**Ayuda en Español** 988

Additional Services

**YouthLine** 877.968.8491

text **teen2teen** to **839863** 4-10pm PT

**Racial Equity Support Line** 503.575.3764

10am-7pm PT, Mon-Fri

- Language interpreters available for all services -