



Lines for Life's Crisis Lines provide free, confidential crisis support. Our highly trained call counselors guide callers and family members through compassionate support, immediate assistance, and referral services that help people find hope.

Suicide & Crisis Lifeline – 24/7
988

Red Nacional de Prevención del Suicidio – 24/7 ayuda en Español
1.888.628.9454

Alcohol & Drug Helpline – 24/7
1.800.923.4357
oregonalcoholdrughelpline.org

Construction CareLine – 24/7
1.503.433.7878
www.oregonconstructioncareline.org

Military Helpline – 24/7
1.888.457.4838
www.militaryhelpline.org

Senior Loneliness Line – 5:30am - 11:30pm PT daily
1.800.282.7035
www.seniorlonelinessline.org

YouthLine – teens answer 4-10pm Pacific, adults answer all other hours
1.877.968.8491 or **text teen2teen** to **839863**
www.theyouthline.org

- Language interpreters available -

Learn more at linesforlife.org

