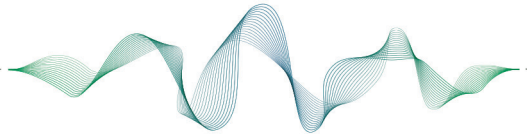




Crisis Lines



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](http://oregonalcoholdrughelpline.org)

**Construction CareLine** – 24/7  
**1.503.433.7878**  
[www.oregonconstructioncareline.org](http://www.oregonconstructioncareline.org)

**Military Helpline** – 24/7  
**1.888.457.4838**  
[www.militaryhelpline.org](http://www.militaryhelpline.org)

**Senior Loneliness Line** – 5:30am - 11:30pm PT daily  
**1.800.282.7035**  
[www.seniorlonelinessline.org](http://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](http://www.theyouthline.org)

- **Language interpreters available** -

Learn more at [linesforlife.org](http://linesforlife.org)





lines *for* life