



STUDENT CRISIS RESOURCES

24 Hour Mental Health Support

Multnomah County Crisis Line: 503.988.4888

Ayuda en Español: 1.888.628.9454

Suicide & Crisis Lifeline: Call or text 988

Alcohol & Drug Helpline: 800.923.4357

Call to Safety Crisis Line (Domestic Violence): 888.235.5333

Culturally Specific Support

Thrive Lifeline: Text THRIVE to 1.313.662.8209

*Crisis support by and for
marginalized communities*

Native Crisis Text Line: Text NATIVE to 741741

Military Helpline: 1.888.457.4838

Racial Equity Support Line: 503.575.3764 (10-7pm M-F)

Portland State University Support

Center for Student Health & Counseling (SHAC): 503.725.2800

Campus Public Safety (CPSO): 503.725.5911

For response to imminent danger to self or others