



STUDENT CRISIS RESOURCES

24 Hour Mental Health Support

Suicide & Crisis Lifeline: Call or text 988

Multnomah County Crisis Line: 503.988.4888

Ayuda en Español: 1.888.628.9454

Alcohol & Drug Helpline: 800.923.4357

Unity Center for Behavioral Health: 503.944.8000

Call to Safety Crisis Line (Domestic Violence): 888.235.5333

People of Color Crisis Text Line: Text STEVE to 741741

Native Crisis Text Line: Text NATIVE to 741741

Military Helpline: 1.888.457.4838

Trevor Project: 866.488.7386 or text "START" to 678-678

LGBTQ+ Young People

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