

## Suicide Hotline Numbers and Online Resources \*

AGENCY	NUMBER	HOURS OF OPERATION
<i>* You can always call 911 to ask for help. Tell the operator you are in suicidal danger.</i>		
Looking Glass Youth & Family Crisis Line	888-989-9990	24 hour, 7 days per week
Whitebird -local crisis line - Walk-in crisis counseling - Phone & Mobile intervention	1-800-422-7558	24 hours 7 days per week
Oregon Youthline: Teens Helping Teens <a href="http://oregonyouthline.org">http://oregonyouthline.org</a> Text: teen2teen to 839863	1-877-968-8491	Teen help available Monday -Friday 4 -10 pm Adults available by phone at all other times.
Trevor Lifeline (for LGBTQ youth) Text: "Trevor" to 1-202-304-1200	1-866-488-7386	24 hours 7 days per week
National Suicide Prevention Lifeline ( <a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a> )	1-800-273-TALK (1-800-273-8255)	24 hours 7 days per week
National Hopeline Network ( <a href="http://www.treatmentadvocacycenter.org">www.treatmentadvocacycenter.org</a> )	1-800-SUICIDE (1-800-784-2433)	24 hours 7 days per week

Local Website for Suicide Prevention Information: <http://www.preventionlane.org/>