

Updated 11.4.20

Adolescent Brain Cognitive Development

Teen Brains. Today's Science. Brighter Future.

Resources for Youth and Parents

Thank you for participating in the ABCD study. If you or someone you know is having a problem with emotional concerns or substance use, help is available.

You are NOT Alone

- Dial 2-1-1: 211.org
- Suicide Prevention Lifeline: 1-800-273-TALK (8255) [Suicide Prevention Lifeline](http://SuicidePreventionLifeline.org)
- Call to Safety: 1-888-235-5333 [Call to Safety](http://CalltoSafety.org)
- Mental Health County Crisis Lines: Multnomah: 503-988-4888, Clackamas: 503-655-8585, & Washington: 503-291-9111

For assistance with substance use and mental health concerns:

- Oregon Addiction and Mental Health Services: 503-945-5772
www.oregon.gov/oha/amh/Pages/index.aspx
- Boys and Girls National Hotline: 1-800-448-3000 www.boystown.com

Local Counseling Services:

- Therapist Finder Tool: www.psychologytoday.com
- LifeWorks Northwest: 503-645-9010 www.lifeworksnw.org
- A Better Way Counseling Center: 503-226-9061 www.abwcounseling.com

If you are feeling depressed, anxious, or just need someone to talk to...

- Oregon Youth Line: 1-877-968-8491 www.oregonyouthline.com
- Trevor Project (for LGBTQ youth/young adults): 1-866-488-7386 www.thetrevorproject.org
- Stop Bullying: www.stopbullying.gov

National Suicide Prevention Lifeline

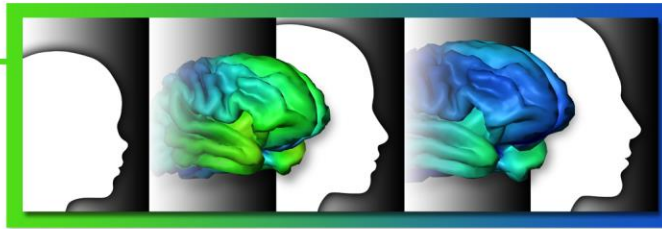
- The National Suicide Prevention Lifeline provides emotional support 24/7. If you are hard of hearing or would prefer to speak to someone in Spanish, this lifeline has specific phone numbers to best help you. This lifeline is completely confidential, anonymous, and meant for all ages. CALL English: 1-800-273-8255 CALL
Go to: <https://suicidepreventionlifeline.org/chat/> to chat online

Crisis Text Line

- If you are having a crisis or a hard time right now, text the Crisis Text Line to talk to someone who is there to listen and help bring a heated moment into a more calm state. This hotline is 24/7, completely confidential, anonymous, and meant for all ages.
TEXT the word "HOME" to 741-741 if you are in crisis
Go to: <https://www.crisistextline.org/> for an entire list of resources

David Romprey Oregon Warmline

- If you are in a place where you are needing to talk to someone but it is not an imminent crisis, the David Romprey Warmline is there to listen and talk as long as you needed.
CALL: 1-800-698-2392



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Lines for Life YouthLine

- With Lines for Life you can text with another teen from 4-10pm PST or call, email, or chat with an adult at any time. Both the teens and adults are trained and ready to listen. You can talk in a completely confidential setting and talk as long as you need. To find out more about who you are talking to go to <http://www.oregonyouthline.com/>

CALL: 877-968-8491

TEXT: teen2teen to 839863

EMAIL: teen2teen@Linesforlife.org

For some low-cost counseling and treatment options, check out:

Portland State University Community Counseling Clinic

1900 SW 4th Ave

Low-cost services; counselors are supervised practicum students.

(503) 725-4620

<http://www.pdx.edu/coun/clinic>

Lewis & Clark Community Counseling Center

4445 SW Barbur Blvd

Offers a variety of counseling services; affordable, sliding-scale fees.

(503) 768-6320

http://graduate.lclark.edu/clinics/community_counseling

Pacific Psychology & Comprehensive Health Clinic

Affordable services available.

Portland Clinic: (503) 352-2400

Hillsboro Clinic: (503) 352-7333

<http://www.pacificu.edu/our-resources/clinics/psychology-clinics/contact-us>

Humanist Counseling Services (Multiple Locations)

Non-faith based, free counseling services. Donations accepted.

(503) 948-5473

www.portlandhumanists.org

Sexual & Gender Minority Youth Resource Center (SMYRC)

Works with ages 13-23.

(503) 872-9664

<http://smyrc.org/>

Wise Counsel & Comfort (Multiple Locations)

Affordable counseling/therapy; call for payment options.

(503) 282-0182

<http://portland-therapist.org/>

