



Multnomah Education Service District

## Mental Health

### Suicide Prevention Hotline

Trained counselors who will listen, understand your problems, provide support, and connect you to resources.

**Call or text 988**

### Northwest Family Services

Free and low-cost programs and counseling services, including Spanish.

**503 - 546 - 6377**

## Domestic Violence

### National Call To Safety Hotline

24/7 support and resources for survivors of domestic abuse and sexual violence.

**1 - 888 - 235 - 5333**

### Gateway Center Domestic Violence Services

Legal representation and advice, including services for children and youth. Support groups, counseling/therapy services, safety planning, and referrals to other services.

**503 - 988 - 6400**

## LGBTQIA+ Services

### Black & Beyond the Binary Collective

Leadership, healing, and safety for Black-African transgender, queer, non-binary, two spirit, and intersex folks.

**971 - 258 - 1713**

### National Help Center

Free and confidential peer support, information, and resources.

**888 - 843 - 4564**

## Substance Abuse

### Blackburn Center: Recovery Services

Addiction/substance abuse treatment, therapy, counseling, medication support, acupuncture, and more.

**971 - 361- 7700**

## General Resources

### MESD Employee Assistance Program

24/7 counseling services, work-life resources, and Health Coach support.

**www.MyRBH.com** (Access Code: OEGB)  
**1 - 866 - 750 - 1327**

### 211: Connect, Inform, Empower.

Local assistance and referral services to health, financial, and social services.

**211info.org**  
**Call or text 211**