



Mental Health Resources in our Community and Crisis Support Resources

CAHOOTS (White Bird) (Routed through non-emergency police dispatch)

Eugene: 541-682-5111, Springfield: 541-726-3714

Crisis Assistance for Lane County (White Bird) 541-687-4000 or 1-800-422-7558

Hourglass Community Crisis Center 541-505-8426

Jasper Mountain Crisis Response Program (can be accessed by youth or family member) 1-888-989-9990

Looking Glass Youth & Family Crisis (up to 18 yrs. old or parent) 541-689-3111

Shelter Care shelter resources: 541-686-1262, behavioral health services: 541-505-5188, temporary rent assistance: 541-689-3785

Hope & Safety Alliance (formerly Womenspace): 541-485-6513, 1-800-281-2800, or Webchat

Willamette Family Inc. Health, Wellness, & Recovery Services 541-762-4300

University of Oregon Counseling Center (office phone number and after-hours support line for UO students) 541-346-3227

Oregon Warmline (can call just to talk) 1-800-698-2392

Suicide Prevention Hotline dial 988, deaf & hearing-impaired dial 711 then 988, or webchat

Crisis Text Line text HOME to 741741

Veterans Crisis Line 1-800-273-8255 (press 1), text to 838255, hearing-impaired 1-800-799-4889

Trans Lifeline 1-877-565-8860

Trevor Lifeline 1-866-488-7386, text START to 678678, or webchat

Military Helpline 888-457-4838

Sexual Assault Support Services (SASS) 541-484-9791