

Updated 9/24—PE

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# Community Resources

## EMERGENCY SERVICES: DIAL 9-1-1

### County Crisis Lines (24-hour)

- Clackamas County: 503-655-8585
- Multnomah County: 503-988-4888
- Washington County: 503-291-9111

### Suicide Prevention Lines

- Suicide Hotline: 9-8-8
- Oregon Youth Line -Teen peer support: 1-877-968-8491 or Text TEEN2TEEN 839863
- VA Suicide Prevention Team: 503-402-2857

### Domestic Violence

- Domestic Violence Crisis Line: 503-469-8620
- Abuse Recovery Ministry Services: [ARMSonline.org](http://ARMSonline.org)

### Veterans

- Veterans Crisis Line: 1-800-273-8255 or Text 838255
- Military Helpline: 1-888-457-4838
- VA Mental Health Triage Unit: 503-220-8262

### Eating Disorders

- [FindingBalance.com](http://FindingBalance.com)

### Pornography Addiction

- [PureLifeAlliance.org](http://PureLifeAlliance.org)
- Men—[XXXChurch.com](http://XXXChurch.com)
- Women—[SheRecovery.com](http://SheRecovery.com)

### Seniors

- Family Caregiver Alliance: [Caregiver.org](http://Caregiver.org)
- Aging and Disability Resource Connection of Oregon: [ADRCofOregon.org](http://ADRCofOregon.org)
- Clackamas County Social Services: [Clackamas.us/socialservices](http://Clackamas.us/socialservices)
- Independent Living Resources: [ILR.org](http://ILR.org)
- Estate Planning & Medicaid Planning Attorneys: [RoseElderLaw.com](http://RoseElderLaw.com)