

Emotional Support & Suicide Prevention Resources

If you, or someone you care about, is feeling overwhelmed with emotions like sadness, depression or anxiety, or if you are thinking about harming yourself or others, help is out there:

- **Jackson County Mental Health Crisis line:** 541-774-8201
- **Suicide Lifeline:** 1-800-273-8255
- **Senior Loneliness Line:** 503-200-1633
- **Military Helpline:** 1-888-457-4838
- **YouthLine:** 1-877-968-8491 or text HELLO to 741741
- **National Domestic Violence Hotline** thehotline.org/help/ or 1-800-799-7233 or TTY 1-800-787-3224
- **Disaster Distress Helpline** for emotional help to cope with a disaster at 1-800-985-5990 or TTY 1-800-846-8517 or text TalkWithUs to 66746
- **David Romprey Oregon Warmline** for nonjudgemental and confidential peer support at 1-800-698-2392

Note: Call **911** if someone is at immediate risk of harming themselves or others.

