

YOUTH RESOURCE GUIDE

TIP
NW
VOL. 2

IF MY FRIENDS NEED HELP WITH...

A MENTAL HEALTH CRISIS HAPPENING RIGHT NOW

24-HR CRISIS LINES

County – Clackamas | 503-655-8585

County – Clark | 800-626-8137

County – Multnomah | 503-988-4888

County – Skamania | 509-427-3850

County – Washington | 503-291-9111

Lines for Life | 800-273-8255

YouthLine | 877-968-8491 | or text “teen2teen” to 83-9863

GETTING MEDICAL OR MENTAL HEALTH CARE THROUGH SCHOOL

MULTNOMAH COUNTY

Multnomah County Student Health Center | 503-988-3554

WASHINGTON COUNTY

Beaverton High School | 503-356-3985

Century High School | 503-597-4580

Forest Grove High School | 503-359-4057

Tigard High School | 503-431-5775

Merlo Station High School | 503-941-3210

Tualatin High School | 503-941-3180

CLARK COUNTY

Akin / Children’s Home Society | 360-695-1325 | 360-835-7802

Family Solutions | 360-695-1014

Sea Mar CSNW Fourth Plain | 360-558-5795

CLACKAMAS COUNTY

Milwaukie High School | 503-353-5847

Orchid Health Wade Creek Clinic | 503-630-8550

Oregon City High School | 503-785-8770

Rex Putnam High School | 503-353-5884

Sandy High School | 503-668-3483

OTHER YOUTH MENTAL HEALTH SERVICES

International Hearing Voices | intervoiceonline.org

Teen Talk | ccteentalk.clark.wa.gov

Youth Era | Clackamas Drop | 971-334-9295 | youthera.org

ABUSE THEY ARE EXPERIENCING

Angels in the Outfield | 503-313-8122

Breaking Code Silence | breakingcodesilence.net

CARES NW | 503-276-9000

Child Abuse Hotline | 800-422-4453

Child Protective Services – Oregon | 503-731-3100

Child Protective Services – Washington | 888-713-6115

FINDING A SAFE PLACE TO STAY

Harry’s Mother - Janus Youth Programs | 503-233-8111

Homeless - Janus Youth Programs | 503-233-6090

National Runaway Safeline | 1-800-RUNAWAY (800-786-2929)

New Avenues for Youth Hotline | 503-244-4339

P:ear | 503-228-6677 – pearmentor.org

Street Roots | streetroots.org/rose-city-resource

DRUG/ALCOHOL ABUSE COUNSELING FOR THEMSELVES OR A FAMILY MEMBER

Al-Anon/Al-Ateen | 888-425-2666

Alcohol and Drug Hotline | 800-923-4357

Families Anonymous | 800-736-9805

Lines for Life | 800-273-8255 or text “teen2teen” to 83-9863

SUPPORT AFTER LOSING A LOVED ONE

Dougy Center for Grieving Children | 503-775-5683 | dougy.org

PeaceHealth Hope Bereavement | 360-696-5120

ONLINE COMMUNITY FOR YOUTH LIVING WITH A DISABILITY

Adventures without Limits | awlouddoors.org

Autistic Self Advocacy Network | autisticadvocacy.org

Disability Rights Oregon | droregon.org

Speechless with Carly Fleischmann | facebook.com/carlyvoice

The Mighty | themighty.com

Zach Anner | youtube.com/user/ZachAnner

SOCIAL SUPPORT FOR YOUTH LIVING WITH A DISABILITY

Adaptive Sports Northwest | adaptivesportsnw.org

Autism Society of Oregon | autismsocietyoregon.org

Bustin Barriers - Camps and Adapted Sports | bustinbarriers.org

Camp Attitude | campattitude.org

INCIGHT (Scholarship, education, and independence) | incight.org

NW Down Syndrome Association | nwdsa.org

Special Olympics Oregon | soor.org

United Cerebral Palsy | ucpaorwa.org

Young Life | younglife.org

PREGNANCY OR SEX EDUCATION

All-Options Talk Line | 888-493-0092

Insights Teen Parent Program | 503-239-6996 | insightstpp.org

Planned Parenthood | plannedparenthood.org

Sex Ed for the Real World | scarleteen.com

LGBTQ+ RESOURCES, SUPPORT OR SERVICES

The Trevor Project | 866-488-7386 | or text START to 67-867 | thetrevorproject.org

SMYRC | 503-872-9664 | newavenues.org/smyrc

Outside In | 503-535-3860 | outsidein.org/young-adult-services

Wild Heart Society | 360-949-9140 | wildheartsociety.org

National Queer & Trans Therapists of Color Network | nqttcn.com

BIPOC MENTAL HEALTH SUPPORT OR SERVICES

Therapy for Black Girls | therapyforblackgirls.com

Therapy for Black Men | therapyforblackmen.org

National Queer & Trans Therapists of Color | nqttcn.com

Asian Mental Health Directory | asianmhc.org

Native American Youth and Family Center | nayapdx.org

ADDITIONAL CULTURALLY SPECIFIC/LGBTQ+ RESOURCES

Latino Network | latnet.org

Urban League (Black/African American) | ulpdx.org

IRCO (Immigrant and Refugee from specific countries) | irco.org

NAMI Portland | namior.org

NAMI SW Washington | namiswwa.org

Inclusive Therapists | inclusivetherapists.com/categories

FINDING A COMMUNITY, SOCIAL OR CULTURAL SUPPORT

Third Culture Kid | tckidnow.com

NON-BINARY AND NEURODIVERGENCE SUPPORT

Autistic Women and Non-Binary Network | awnnetwork.org

GETTING ENOUGH TO EAT

211 Info | text your zip code to 89-8211

Crossroads Food Bank | crossroadsfoodbank.wordpress.com

Food Finder - Oregon Food Bank | foodfinder.oregonfoodbank.org

Get Food in Clark County | clackcountyfoodbank.org/get-food

Street Roots | rosecityresource.streetroots.org

Summer Meals Oregon | summerfoodoregon.org

Sunshine Division | sunshinedivision.org

GAINING ACCESS TO TECHNOLOGY

Columbia Regional Inclusive Services | crisoregon.org

Free Geek | freegeek.org



HELPFUL HASHTAGS

#NEISVoid

#disabledteen

#teenmentalhealth

#teenmentalhealthawareness

#teensuicideawareness

#youthsupport

#bipoc

#bipocmentalhealth



FINDING AN ONLINE COMMUNITY

@giveusthefloor

@childabusesurvivors

@youthactioninstitute

@teen.mental.health.awareness

Facebook Closed Group: TEEN anxiety, depression, PTSD, self-harm & suicide support

24 HR LINE | CALL OR TEXT | 503-940-7997
www.tipnw.org