

## Crisis Resources / Recursos de Crisis

**Call 911 in cases of medical emergency / Llame al 911 en caso de una *emergencia médica*.**

Resources for mental health emergency or crisis	<i>Recursos por emergencia o crisis de salud mental:</i>
• Call 541-687-4000 for White Bird's Crisis Hotline	• Llame al 541-687-4000 para la línea de crisis del White Bird
• Call or text 988 for the 24/7 Suicide and Crisis Lifeline	• Llame o envíe un mensaje de texto al 988 para obtener la línea 24/7 de prevención del suicidio y crisis
• Text HOME to 741741 for Crisis Text Line	• Envíe un mensaje de texto con la palabra HOME a 741741 para la línea de texto de crisis
• Call 541-505-8426 for Hourglass Community Crisis Center	• Llame al 541-505-8426 Centro de Crisis Comunitario Hourglass
• Call 1-888-989-9990 for family support for child/adolescent crisis	• Llame al 1-888-989-9990 para el programa de respuestas a crisis para niños y adolescentes
• Call CAHOOTS Mobile Crisis Services <ul style="list-style-type: none"> <li>○ Eugene: 541-682-5111</li> <li>○ Springfield: 541-726-3714</li> </ul>	• Llame para obtener servicios móviles de crisis de CAHOOTS Eugene: 541-682-5111    Springfield: 541-726-3714

The following resources are free; some are also available in Spanish. Please contact them directly for more information in Spanish. *Los siguientes recursos son gratuitos; algunos también están disponibles en español. Por favor, contactarlos directamente para obtener más información en español.*

- [Local Crisis Resources \(Eugene/Springfield\)](#)
- [Suicide Hotlines](#)
- [LGBTQIA+ Hotlines](#)
- [Crisis Hotlines for Youth](#)
- [Sexual Violence Hotlines](#)
- [Other Crisis](#)

### Local Crisis Resources

#### Local Emergency Rooms

- [PeaceHealth Sacred Heart Medical Center Riverbend](#)
  - Call: 541-222-7300
  - Location: [3333 Riverbend Drive, Springfield, OR 97477](#)
- [McKenzie-Willamette Medical Center](#)
  - Call: 541-726-4400
  - Location: [1460 G Street, Springfield, OR 97477](#)

#### Crisis Assistance Helping Out On The Streets (CAHOOTS)

CAHOOTS provides mobile crisis intervention 24/7 in the Eugene-Springfield Metro area. EMT staffed crisis response and transportation to social services. Not for violent or life-threatening emergencies.

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

#### White Bird Clinic Community Crisis Hotline and Crisis Center

24/7 Crisis Services Line and walk-in crisis intervention, referrals, & transportation assistance for people with mental health-related disabilities. Trained counselors and staff can offer immediate, short-term support.

- Call 541-687-4000
- Location: 990 W 7th Ave, Eugene, OR 97402

### **Hourglass Community Crisis Center**

Hourglass Community Crisis Center serves adults residing in Lane County who are in need of short-term, mental health crisis assessment and stabilization, but do not require the medical capabilities of an acute care hospital or longer-term residential care. Hourglass Community Crisis Center welcomes individuals to walk in when they need it, or they can be referred by local law enforcement and other community partners due to a mental health crisis.

- Call 541-505-8426
- Location: [71 Centennial Loop, Suite A, Eugene, OR 97401](#)

### **Child/Adolescent Crisis Support for Families**

Provides support and help when a child or teen is experiencing a mental health crisis. Many crisis calls are successfully resolved over the phone. Sometimes, however, a crisis requires more involvement. In those cases, a professional crisis response team is available for on-site interventions.

- Call 1-888-989-9990

### **Looking Glass Youth & Family Crisis Line**

For parents of children up to 18 to call when their child is having immediate mental health, emotional, or behavioral crisis.

- Call 541-689-3111

### **Willamette Family Rapid Access Center**

The Rapid Access Center (RAC) is your first step to recovery. On-site care providers will evaluate and recommend a number of same day treatment services including substance abuse and mental health treatment, primary health care, and childhood mental health admission services.

- Call 541-762-4300

## **Suicide Hotlines**

### **988 Suicide & Crisis Lifeline**

The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

- Call or text 988

### **Crisis Text Line**

For any crisis 24/7. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.

- Text HOME to 741741

## LGBTQIA2S+ Hotlines

### LGBT National Hotline

The Lesbian, Gay, Bisexual, and Transgender (LGBT) National Hotline provides telephone, online private one-to-one chat, and email peer-support, as well as information and local resources for cities and towns across the United States. All services are free and confidential.

- Call 1-888-843-4564
  - Hotline Hours:
    - Monday-Friday from 1pm to 9pm, pacific time  
(Monday-Friday from 4pm to midnight, eastern time)
    - Saturday from 9am to 2pm, pacific time  
(Saturday from noon to 5pm, eastern time)

### Trans Lifeline's Hotline

Trans Lifeline's Hotline is a peer support phone service run by trans people for trans and questioning peers. Call if you need someone trans to talk to, even if you're not in a crisis or if you're not sure you're trans. Available in Spanish.

- Call 877-565-8860

## Crisis Hotlines for Youth

### Trevor Project Lifeline

Provides 24/7 crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.

- Call 1-866-488-7386
- Text START to 678-678
- [Live Chat](#) available on their website

### National Runaway Safeline

Connect with a trusted, compassionate person who will listen and help you create a plan to address your concerns.

- Call 1-800-RUNAWAY (1-800-786-2929)
- [Click Here](#) for options to Live Chat, Email, Forum

### Childhelp

Provides 24/7 assistance in 170 languages to adults, children and youth with information and questions regarding child abuse. All calls are anonymous and confidential.

- Call: 1-800-422-4453

### Boys Town National Hotline

Crisis and support line for children, youth, and their parents, 24/7 and Spanish available. Multi-topic and issue assistance.

- Call: 1-800-448-3000

### Love Is Respect

Peer advocates available 24/7 to support teens with concerns about dating violence. Their website also offers an [interactive safety plan](#), [deaf services](#), and [Native American services](#).

- Call 1-866-331-9474
- Text loveis to 22522
- [Chat available](#) through their website

### **National Center for Missing and Exploited Children**

As the nation's nonprofit clearinghouse and comprehensive reporting center for all issues related to the prevention of and recovery from child victimization, NCMEC leads the fight against abduction, abuse, and exploitation - because every child deserves a safe childhood. The hotline is free and available 24/7.

- Call 1-800-843-5678

## **Sexual Violence Hotlines**

### **Sexual Assault Support Services Crisis/Support Line**

Providing community education, outreach, advocacy, and support to survivors of sexual violence and their families. SASS advocates listen, believe, support, accompany, offer information and referrals, and provide peer counseling to survivors of assault, past and present. SASS maintains a 24-hour crisis and support line and 24-hour advocacy for survivors of sexual assault and sexual abuse.

- Call 541-343-7277 (local)
- Call 1-844-404-7700 (toll-free)

### **Hope & Safety Alliance**

Provides trauma informed and survivor centered services to all survivors of domestic and sexual violence. Drop-in services at the main office are primarily by appointment, please call crisis line. Spanish and English speaking advocates are available day and night on the 24-hour crisis line and Web Chat.

- Call 541-485-6513 (local)
- Call 1-800-281-2800 (toll-free)
- [Web Chat](#) M-F 9 am to 5 pm

### **Rape, Abuse & Incest National Network (RAINN)**

RAINN is the nation's largest anti-sexual violence organization. National sexual assault hotline. Free and confidential 24/7 support.

- Call 800-656-4673
- [Live chat available](#)

### **National Sexual Violence Resource Center (NSVRC)**

NSVRC provides research & tools to advocates working on the frontlines to end sexual harassment, assault, and abuse with the understanding that ending sexual violence also means ending racism, sexism, and all forms of oppression.

### **National Human Trafficking Hotline**

Speak with a specially trained Anti-Trafficking Hotline Advocate. Free and available 24/7. Support is provided in more than 200 languages. Human Trafficking Hotline will listen and connect you with the help you need to stay safe. All communication with the hotline is strictly confidential.

- Call 1-888-373-7888
- Text 233733
- [Live Chat](#) (not available 24/7, check website for availability)
- TTY: 711

## **Other Crisis**

### **Poison Control Hotline**

Contact Poison Control right away if you suspect poisoning. Help is available online or by phone. Both options are free, expert, and confidential.

- Call 1-800-222-1222
- [Get Help Online](#)