

Free 24/7 Help lines

National Suicide Hotlines:	1-800-SUICIDE (1-800-784-2433)
	1-800-273-TALK (1-800-273-8255)
Crisis Text Line:	Text "HOME" to 741741
Suicide hotline in Spanish:	1-800-273-TALK (press 2)
LGBT Youth Suicide hotline:	1-866-4-U-TREVOR
Linn County Health Services	1-800-560-5535
Benton County Health Services	1-541-766-6835
AIDS information:	1-800-HIV-0440
National Child Abuse Hotline	1-800-999-9999
National Domestic Violence Hotline	1-800-799-7233
Rape, Sexual assault, abuse, and incest national network	1-800-656-HOPE
Poison Control Center	1-800-222-1222
Disaster Distress Hotline	1-800-985-5990
National Eating Disorders Center Hotline	1-800-931-2237
YouthLine	1-877-968-8491 or text:TEEN2TEEN to 839863
Pregnancy Options	Albany: 541-924-0160, Mobile clinic: 541-231-0912
Veterans hotline	1-800-273-8255 (press 1) or text 838255
Veterans hotline for hearing impaired	1-800-799-4889