

If you or a loved one is struggling with mental health right now, please check out these links for support. You are LOVED, we miss you, and can't wait until we are all back together again!



A chat-line for students. Teens are available to help daily from 4-10pm Pacific Time via call, text, chat or email (adults are available by phone at all other times). YouthLine is a free, confidential teen-to-teen crisis and help line. No problem is too big or too small for the YouthLine!

<https://www.instagram.com/theyouthline/?hl=en>



A national 24-hour, toll free confidential suicide hotline for LGBTQ youth via call, text, and chat.
866-488-7386

<https://www.instagram.com/trevorproject/?hl=en>



YouthEra has virtual "drop-ins" from 3-6p on [Discord](#)
Streaming live (moderated chat) with two state-certified youth peer support specialists, on Twitch Monday-Friday from 10:00 AM - 1:00 PM and 6:00 PM - 10:00 PM.

<https://www.youthera.org/>



All of the phone services are free and confidential. See also Youthline as part of LinesforLife.

<https://www.linesforlife.org/get-help-now/>



Text **HOME to 741741** from anywhere in the United States, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

<https://www.crisistextline.org/>



SafeOregon, the 24/7 statewide school safety tip line, is here for you; for all students and the whole community. Anonymously or confidentially report student safety concerns (suicidal ideation/thoughts, cyberbullying, child abuse, drug/alcohol abuse, etc.) and we will pass this

information to school personnel and law enforcement (when necessary).

<https://www.safeoregon.com/report-a-tip/>

