**Emergency Mental Health**

**Emergency Local 911**

**Text Connect Mental Health Crisis-** TEXT 741741

**National Suicide Prevention Lifeline-1-800-273-8255**

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

**NAMI Helpline-** 1-800-950-NAMI (6264) or info@nami.org

The NAMI Helpline can be reached Monday through Friday, 10 am–6 pm, ET

**Veterans Crisis Line-** Dial **1-800-273-8255** and **Press 1** to talk to someone. Send a text message to **838255** to connect with a VA responder. Start a confidential online chat session at [VeteransCrisisLine.net/Chat](http://www.veteranscrisisline.net/ChatTermsOfService.aspx).

**Youth Crisis Line-** **Youth Line is a free,** confidential teen-to-teen crisis and help line. Contact us with anything that may be bothering you. No problem is too big or too small for the Youth Line! – **Text teen2teen @ 839863 or call 877-968-8491**

**Lane County Oregon-**

**White Bird** 24-hr crisis intervention service at 541-687-4000 / 1-800-422-7558. Our services include phone and walk-in support for crisis intervention, mental health information and referral, and transportation assistance for people with mental health-related disabilities. Crisis services are open to individuals, couples, families and groups.

For our [**CAHOOTS mobile crisis services**](https://whitebirdclinic.org/cahoots/)**,** call the police non-emergency numbers 541-726-3714 (Springfield) and 541-682-5111 (Eugene).