

Contact a School Counselor:

Request to speak with a Salem-Keizer Public Schools counselor: bit.ly/2xpTltn



Food Resources & Utility Assistance:

Oregon Food Bank Statewide Food Finder:

www.oregonfoodbank.org/find-help/find-food

Type in your zip code and access free groceries, meals, produce, and other programs in your area. Please call ahead before visiting a partner agency.

211 Utility Assistance Programs:

www.211info.org

This is an online database to find utility assistance programs in Oregon and Southwest Washington.

Mental Health & Wellness:

Center for Hope and Safety:

503-399-7722 | hopeandsafety.org

This agency offers a safe refuge and support to victims and survivors of domestic violence, sexual assault, stalking and human trafficking.

Coronavirus Anxiety Resources:

www.virusanxiety.com/

The team at Shine, in partnership with Mental Health America, has vetted and compiled a wealth of research-backed and helpful tools for you: articles, meditations, access to mental health experts, anxiety screenings and more.

Marion County Health and Human Services:

Adult Mental Health:

503-585-4949 | www.co.marion.or.us/HLT/MH/Pages/adultmentalhealth.aspx

NW Human Services:

www.co.marion.or.us/HLT/CAPS/agencies/Pages/nwhs.aspx

Polk County Behavioral Health Crisis Line:

503-623-9289 (daytime) | 503-581-5535 (evening)

Trillium Family Services - Clinical/Therapeutic Services:

888-333-6177

Crisis Hotlines:

Lines for Life - Suicide Hotline:

Suicide Lifeline: 800-273-8255 | www.suicidepreventionlifeline.org

Youth Line: 877-968-8491 | TEXT 'teen2teen' to 839863

www.oregonyouthline.org/get-help for info and online chat

Psychiatric Crisis Center:

503-588-5352