

During COVID-19

You Are Not Alone

We know physical distancing creates increased concerns and there is help.



For a list of complete resources visit: oralert.gov/not-alone

All of these help lines offer translation services and are confidential.

- National Suicide Prevention Hotline: 1-800-273-8255
- National Domestic Violence Hotline: 1-800-799-7233
- RAINN – National Sexual Assault Hotline: 1-800-656-4673
- Youthline: 1-877-968-8941 or TEXT teen2teen to 839863 – Teens available 4-10pm Pacific Time.
- Oregon's SAFeline: 1-855-503-7233 (SAFE)
Report abuse, neglect, financial exploitation or self-neglect of an adult or child.
- Aging and Disability Resource Connection: 1-855-673-2372 (ORE-ADRC)
- For more resources, you can CALL: 211 or 1-866-698-6155. TTY: dial 711 and call 1-866-698-6155.
TEXT: your zip code to 898211 (TXT211). EMAIL: help@211info.org

If you can't use this, maybe you know someone who can. Keep our communities strong.

All of these help lines offer translation services and are confidential. Your personally identifying information is not required. You can get this document in other languages, large print, braille or a format you prefer. Contact Oregon.MassCare@state.or.us. We accept all relay calls or you can dial 711.



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