

During COVID-19

# You Are Not Alone

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

**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](mailto:help@211info.org)

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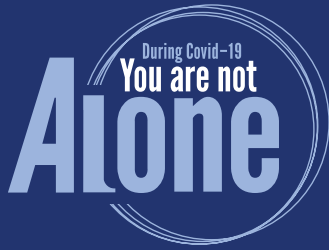
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For a list of complete resources visit: [oralert.gov/not-alone](http://oralert.gov/not-alone)



**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](mailto:Oregon.MassCare@state.or.us). We accept all relay calls or you can dial 711.

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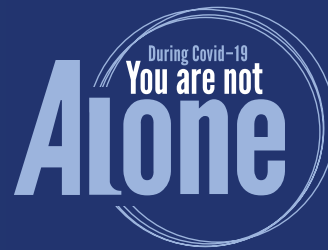
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