

ORGANIZATION	PHONE	TEXT	CHAT	NOTES/INFO
VOA-Homefree	503.771.5503 Mon-Fri 8AM-5PM			To assist adults and children surviving domestic violence to move not just toward safety, but toward freedom and all that the word home suggests.
Proyecto UNICA	503.232.4448 24/7 Línea de Crisis disponible las 24 horas			Bilingual support line provides 24 hours a day, 7 days a week support for survivors of interpersonal violence.
Trans Sexual Assault Resources				Link to self-help guide. Offers a self-help guide to help & healing.
Male survivor	Contact info			MaleSurvivor has offered support, community and learning opportunities for thousands of men since the 1990s. This is not only proof that our methods are effective, but also that you are not alone.
Multnomah County Mental Health Crisis Line	503.988.4888 or 800.716.9769 24/7			