

# Little Help Book



Lane County, Oregon

Produced December 2021

# Emergency Crisis Lines

**911**

Dial 911

Emergencies only Hours: 24/7

**CAHOOTS – Eugene only**

541-682-5111

**CAHOOTS – Springfield only**

541-726-3714

Provides on site care for mental health or substance abuse emergencies, conflict resolution/mediation, transport to other agencies, deals with housing crises and first aid. Dispatched by police non-emergency line. Hours: 24/7

**Child Abuse: Natl. Child Abuse Hotline**

1-800-422-4453

National Child Abuse Hotline Hours: 24/7

**Womenspace 24/7 Hotline**

541-485-6513

24/7 crisis line for all victims and survivors of domestic violence, intimate partner violence, sexual assault and stalking in Lane County. Hours: 24/7

**Looking Glass Crisis Response Line**

1-888-989-9990

24 hour crisis prevention helpline for families with children or homeless youth ages 17 and under Hours: 24/7

**National Poison Control Hotline**

1-800-222-1222

Contact Poison Control right away if you suspect a poisoning. Help is available online at [www.poison.org](http://www.poison.org) or by phone at 1-800-222-1222.

**Thoughts of Suicide: National Suicide Prevention Lifeline**

1-800-273-8255

National Suicide Prevention Lifeline Hours: 24/7

**Trans Lifeline**

1-877-565-8860

Provides peer counseling for transgender individuals in crisis. Hours: 7 days 7am-1am

**Trevor Lifeline**

1-866-488-7386

A crisis intervention and suicide prevention phone service for LGBTQIA. Or, text "START" to 678678 (standard text messaging rates apply). Hours: 24/7

**White Bird 24/7 Crisis Line**

541-687-4000, 1-800-422-7558

Crisis intervention, mental health referral and transportation assistance for people with mental health needs in Eugene or Springfield without homes. Hours: 24/7

## This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

## Community Sponsors

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