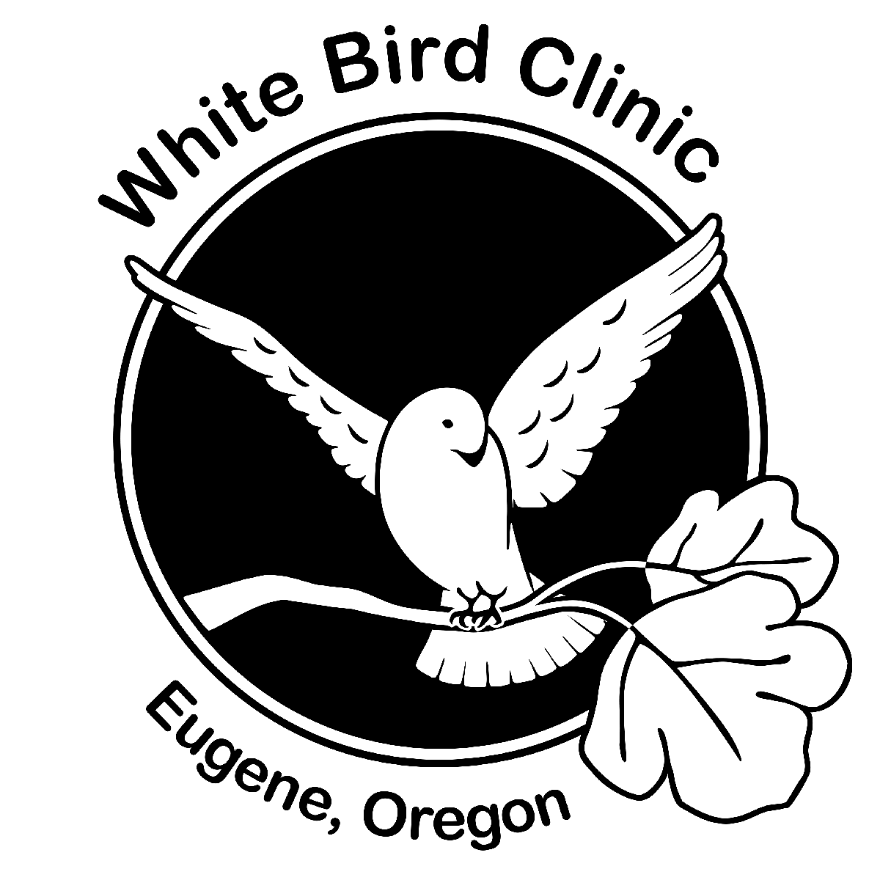
# Little Help Book

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**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 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

# Notes

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