

Springwater Trail Teen Directory

2020-2021

Provided by Springwater High School Counseling Department 503-261-4611

IN CASE OF AN EMERGENCY

Police, Fire, Ambulance 9-1-1

Poison Control 1-800-222-1222

CRISIS LINES/SUICIDE HOTLINES

Multnomah County Crisis Line 503-988-4888

Lines for Life 1-800-273-8255

Youthline (A peer crisis line for youth)

Text "teen2teen" to 839863

Phone 1-877-968-8491

The Trevor Project (A crisis line for LGBTQ youth)

1-866-488-7386

Suicide Hotline 1-800-273-8255

If you or a friend is thinking about suicide, talk to a trusted adult or call one of the above numbers

DRUG/ALCOHOL ABUSE

Youthline 1-877-968-8491

Oregon Drug/Alcohol helpline

Phone 1-800-923-4357(24/7/365)

Text (RecoveryNow) to 839863

IF YOU OR A FRIEND HAVE RUN

AWAY OR ARE HOMELESS

Homeless Youth (under age 25) Helpline

503-432-3986 (24/7/365)

The Alba Collaborative (culturally-responsive)

(help for homeless youth ages 9-17)

470 SE 165th Ave., Portland, OR 97233

New Avenues Youth Opportunity Center

Drop-in Monday-Friday 10am-6pm

503-224-4598 (24/7/365)

Native American Youth Association 503-288-8177

My Father's House (for families) 503-492-3046

General Homeless Services 2-1-1

MENTAL HEALTH

COUNSELING

Lifeworks Northwest 503-645-9010

Morrison Center 503-258-4381

Clackamas County Mental Health 503-655-8585

Cascadia Behavioral Health 503-674-7777

Trillium Family Services 888-333-6177

Western Psychological Services 503-666-8832

Western Psychological Svcs 503-669-4300

CULTURALLY SPECIFIC

RESOURCES

El Programa Hispano 503-669-8350

IRCO Asian Family Center 503-235-9396

IRCO Africa House 503-802-0082

IRCO Main Number 503-234-1541

PHYSICAL OR SEXUAL

ABUSE & DOMESTIC

VIOLENCE RESOURCES

Call to Safety (Women's crisis line) 503-235-5333

Domestic Violence Crisis Line/Shelter (Washington

Co.)503-469-8620

Gateway Center for Domestic Violence Services

503-988-6400

UNICA (Spanish Crisis Line) 888-232-4448

**SEX, PREGNANCY,
ADOPTION, ABORTION,
SEXUALLY TRANSMITTED
DISEASES, BIRTH CONTROL**

Planned Parenthood 1-888-875-7820
Parkrose Student Health Center 503-988-3392
Cascade Aids Hotline 503-223-5907
Insight Teen Parent Program 503-239-6996

GRIEF AND LOSS RESOURCES

Dougy Center 503-775-5683
In This Together 503-215-4915
Compassionate Friends 503-307-8450

LEGAL ASSISTANCE

Immigration Legal Services 503-542-2855
Legal Aid of Oregon 503-224-4086
Lutheran Community Services 971-888-7830
Oregon State Bar 503-684-3763
St. Andrews Legal Clinic 503-281-1500
Disability Rights Oregon 503-243-2081
Youth Rights & Justice Attorneys 503-232-2540
Multnomah County Family Services
(mediation/custody) 503-988-3189

**EMANCIPATION
INFORMATION**

Clackamas Cty. Juvenile Court 503-655-8342
Multnomah Cty. Juvenile Court 503-988-3460
DHS Self Sufficiency office, East County 503-491-1979

GENERAL INFO & REFERRAL

Child Abuse Hotline 1-855-503-SAFE (7233)
All Purpose Referral Line 2-1-1
Trimet Info 503-238-7433
Gresham Service to Children & Families 503-674-3610
SafeOregon 844-472-3367

**HOW CAN I GET HELP WITH
CLOTHING OR SCHOOL
SUPPLIES?**

Ask your counselor or school social worker
to access the District clothing closet.

FOOD PANTRIES

Zarephath 503-667-7932
Sno-Cap 503-674-8785
Metro Church of Christ
1525 NW Division, Gresham M-F 10am-2pm
2-1-1 referral line

ENERGY/RENT ASSISTANCE

El Programa Hispano 503-489-6842
Human Solutions 503-548-0200
St. Vincent DePaul 503-235-8431
2-1-1 referral line

WARNING SIGNS OF SUICIDE ARE:

- Talking about committing suicide
- Giving away prized possessions
- Significant changes in behavior
- Preoccupation with death
- Having a “plan” to commit suicide
- If you or anyone you know has any of these signs, please get help **right away**

Call the suicide crisis line, social worker or caring adult.

IF YOU ARE EXPERIENCING ONE OR MORE OF THESE WARNING SIGNS, COUNSELING CAN BE HELPFUL

- Sudden change in mood or behavior
- Depression or feeling unhappy for a long time
- Anxiety, feelings of fear or nervousness
- Losing your temper over small things
- Dropping grades

WHAT IS DOMESTIC VIOLENCE?

Domestic Violence is a pattern of behavior committed by one partner against the other with the goal of exerting and maintaining power and control. It can manifest itself in physical, psychological, emotional, economic, sexual or social abuse.

SEXUAL ACTIVITY SAFE CHOICES

Abstinence is the only 100% sure method of protection against pregnancy and sexually transmitted diseases including HIV/AIDS.

If you are thinking about having sex, talk to your parents or a trusted adult, counselor, minister or teacher.

If you choose to have sex, reduce your risk of pregnancy or HIV/AIDS. Use a condom every time you are involved in a sexual act. Don't have sex with anyone who has sores, discharges, or blisters around their mouth or sexual organs.

WHAT IS SEXUAL ABUSE?

If a family member, adult, friend or anyone else is touching you and it makes you feel uncomfortable, unhappy or confused, you may be a victim of sexual abuse. Call the sexual abuse numbers for help or talk to a trusted adult.

WHAT IS DATE RAPE?

If you are being pressured, forced or manipulated into being sexual or having sex with someone you know or someone you are romantically interested in, you may be a victim of date rape or acquaintance abuse. Talk with an adult you trust, school social worker, school counselor, teacher, or crisis line.

If you have questions or need a service you don't see, please talk to your counselor.