



University of Portland

YOUR MENTAL HEALTH MATTERS.

Active Minds is a club dedicated to mental health awareness & ending the mental health stigma.

let's change the conversation

67%

of students
tell a friend they are
feeling suicidal before
telling anyone
else

50%

of us
will experience a
mental health
condition in our
lifetime

Let's talk:
Every Monday 7:15pm
Diversity Center (BC 102)

Stay up-to-date on meeting topics, events, and how to get involved!
Simply send us an email to be added to our list.



@activemindsup



activeminds@up.edu

Mental Health Resources

- **Health & Counseling Center**

Call (503) 943-7134 or drop by Orrico Hall
between 8:30am-4:30pm to schedule an appt.

- **Multnomah County Crisis Line**

Call (503)988-4888 Available 24/7
to talk to a mental health professional

***Also a resource to help find low-cost in-person help*

- **National Suicide Prevention Lifeline**

Call 1-800-273-8255 Available 24/7

*You do not have to be in a suicidal state to call.
It is for anyone in emotional distress who seeks
someone to talk to.*

- **The Trevor Project**

1-866-488-7386 Available 24/7

TrevorText: Text START to 678678

Help for those a part of the LGBTQ+ community

- **ProtoCall**

After hours counseling services

Call (503) 943-7134 and select 3

This will lead to a conversation with a mental
health professional

- **Urgent Walk-In Clinic Multnomah County**

503-963-2575 Available 7days/week

7am-10:30pm

4212 SE Division, Suite 100, Portland, OR 97206

- **Crisis Text Line**

Text HOME to 741741 Available 24/7

to be directed to a trained crisis counselor

Conversation is all over text

- **Finding Mental Health Services**

at low cost/sliding scale rates

Any Active Minds officer is happy to help find off
campus services

Go to <https://findtreatment.samhsa.gov/> to find
services that work for you

NAMI of Multnomah County - (503)228-5692 or
<http://namimultnomah.org>

Are you in crisis?

Text BRAVE to 741-741 or call
the Suicide Prevention Lifeline at
1-800-273-TALK *for free, 24/7,
and confidential support.*

We all struggle. Let's struggle together.