

YOUR MENTAL HEALTH MATTERS.

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

let's change the conversation

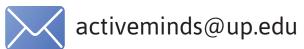
67%
of students
tell a friend they are
feeling suicidal before
telling anyone
else

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.





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.