FREE DIRECTORY · OREGON

WHERE DO I *get help?*

Organizations for alcohol, drugs, gambling and crisis. Tap any name or website to open it.

Call ahead to confirm hours, cost and requirements. Many lines offer Spanish or an interpreter.

CRISIS AND 24/7 LINES

988 Suicide & Crisis Lifeline — **988**
Emotional crisis or thoughts of self-harm. Press 2 for Spanish.
988lifeline.org

Lines for Life · Alcohol & Drug Helpline — **1-800-923-4357**
Oregon alcohol and drug line: support, information and referrals. Interpreters available.
linesforlife.org

SAMHSA National Helpline — **1-800-662-4357**
Treatment referrals nationwide, in English and Spanish.
findtreatment.gov

211info — **211**
Food, housing, transportation and social services in Oregon. Dial 211.
211info.org

ALCOHOL AND DRUGS

El Jardín Recovery Centers (NW Instituto Latino) — **503-719-7609**
Free bilingual recovery support for the Latino community. Portland.
nwilpdx.com

Puentes · Central City Concern — **503-546-9975**
Addiction and mental health treatment in Spanish. Portland.
centralcityconcern.org

BestCare · Programa Latino — **541-475-5300**
Spanish-language residential treatment for Latino adults. Madras.
bestcaretreatment.org

Bridges to Change — **503-465-2749**
Peer-led recovery housing, including homes for Latinas and Latinos.
bridgestochange.com

Virginia Garcia Memorial Health Center — **971-724-2840**
Community clinics with substance use treatment. Washington and Yamhill counties. — vgmhc.org

Centro Latino Americano — **541-687-2667**
Services for Latino families, including mental health and addiction. Eugene. — centrolatinoamericano.org

Save Lives Oregon
Where to get free naloxone (Narcan) to reverse an overdose. — savelivesoregon.org

GAMBLING

Oregon Problem Gambling Resource — **1-877-695-4648**
Free, confidential treatment for gamblers and families. Spanish: 1-844-888-2537 · Text: 503-713-6000. — opgr.org

OHA · Problem Gambling Services
Oregon state prevention and treatment programs. — oregon.gov

LifeWorks NW — **503-626-1800**
Free gambling treatment, families included. Spanish line: 971-703-6500. — lifeworksnw.org

Gamblers Anonymous / Jugadores Anónimos
Free support groups to stop gambling. — gamblersanonymous.org

Gam-Anon
Support groups for family and friends of people who gamble. — gam-anon.org

SUPPORT GROUPS AND FAMILIES

Alcohólicos Anónimos (AA)
Free meetings, many in Spanish. Use the Meeting Guide app. — aa.org

Narcóticos Anónimos (NA)
Free meetings for drug recovery. — na.org

Al-Anon
Support for families and friends of people who drink. — al-anon.org

TOBACCO, SAFETY AND THERAPY

Oregon Tobacco Quit Line
Free help to quit smoking or vaping, in Spanish too.
1-800-784-8669
quitnow.net/oregon

National Domestic Violence Hotline
Confidential 24/7 support, in Spanish too.
1-800-799-7233
thehotline.org

Call to Safety
Oregon domestic and sexual violence line, 24/7.
1-888-235-5333
calltosafety.org

Sanar Network
Directory of Latino and bilingual therapists in Oregon.
sanarnetwork.com

Llama a un amigo/a
Confidential therapy in Spanish, worksheets and the Calma app.
llamaaunamigo.com