

## CRISIS

### **Crisis TEXT Line:**

Text HOME from anywhere in US to 741741 24/7 to text with a trained Crisis Counselor.

### **988 National Suicide Prevention Hotline:**

**For Veterans:** dial 988 then Press 1, chat online, or text 838255.

**For LGBTQIA+** dial 988, then Press 3

**National Helpline** 1-800-662-HELP .  
(provided by SAMHSA) Free, confidential, 24/7, 365-day-a-year treatment referral and information service.

### **The Trevor Project**

For lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people.  
24 hours a day / 7 days a week  
**1-866-488-7386**

### **Youthline (a service of Lines for Life)**

Call 877-968-8491  
Text teen2teen to 839863

**Oregon Senior Loneliness Line  
(a service of Lines for Life and OHA)**  
503-200-1633

## RESOURCES

**Our members have  
found these helpful:**

**David Romprey** (Oregon)  
**Warmline** 1-800-698-2392 Speak to an Intentional Peer Support specialist.

**NAMI Peer-to-Peer Education:**  
Free 8-week (2 hours a week) mental health education led by peers offered to peers by NAMI: [https://namior.org/support\\_and\\_education/](https://namior.org/support_and_education/)

**Support Group for Family and Friends:**  
<https://www.namimultnomah.org/family-support-groups>

### **NorthStar Clubhouse**

Community-based center offering member opportunities for friendship, employment, housing, education to persons living with a mental health condition.  
<https://www.northstarclubhouse.org>

**NAMI Multnomah Monthly Hike**  
Support community mental health while enjoying good company in the wonders of nature.  
**Time:** 1:00 PM - 4:00 PM  
**Schedule:** Last Saturday of every month.  
For location of monthly hike  
[info@namimultnomah.org](mailto:info@namimultnomah.org) or  
call 503-228-5692.

This brochure provided by your friends



**Depression and Bipolar  
Support Alliance  
Portland Chapter  
Portland LGBTQIA  
Portland Eastside.**

[www.meetup.com/Portland-Depression-  
Bipolar-Support-Alliance](http://www.meetup.com/Portland-Depression-Bipolar-Support-Alliance)  
**email: [dbsaportlandeastside@gmail.com](mailto:dbsaportlandeastside@gmail.com)**

**Find community  
Find wellness  
Find hope!**

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## About DBSA Portland

We're an independent chapter of the national **Depression Bipolar Support Alliance** ([www.dbsalliance.org](http://www.dbsalliance.org)). We've been offering weekly drop-in support groups since 2005 facilitated by one or two of our peer facilitators. Because of COVID, we started meeting online. Most of our meetings continue to meet on Zoom. Attendance ranges from 10 to 25 people each week.

We're here to support you wherever you are on your mental health journey. We want to provide you with encouragement, resources, and wellness, and help you find hope.

We're here for **YOU!**



mental health is for every one.

## Peer-Led Virtual Support Groups for Adults Living with

### Mental Health Conditions:

*Note: Meetings held weekly except for\* and subject to change without notice*

Day of Week	All Times PT	Group	
<b>Monday</b>	4:00 pm	DBSA Young Adults	To attend/register/get Zoom link, join Hey Peers (no cost to join) <a href="https://www.heypeers.com/">https://www.heypeers.com/</a>
	5:00 pm	DBSA Rural Minds	For peers who live in rural areas with a mental health condition join Hey Peers (no cost to join) <a href="https://www.heypeers.com/">https://www.heypeers.com/</a>
	7:00-8:30p	<b>DBSA PORTLAND LGBTQIA+</b>	For those who identify as LGBTQIA2S++. RSVP at <a href="mailto:dbsalgbtqzoom@gmail.com">dbsalgbtqzoom@gmail.com</a> to get link. See Meetup for <b>in-person</b> options for this group.
<b>Wed</b>	5-6:30 pm (1st Thurs only)*	NAMI Multnomah Connection BIPOC	For people with mental health conditions who identify as Black, Indigenous, or People of Color. To RSVP <a href="mailto:info@namimultnomah.org">info@namimultnomah.org</a> or call 503-228-5692.
<b>Thurs</b>	7:00-8:30p	<b>DBSA PORTLAND EASTSIDE</b>	Join our Meetup group (see below) to find the current zoom Meeting ID and passcode
<b>Sunday</b>	3:00 pm	DBSA Colorado Springs LGBTQIA++	For those who identify as LGBTQIA2S++. To RSVP and obtain Zoom link please go to <a href="http://www.meetup.com/colorado-springs-lgbtqia-depression-bipolar-support-group/">http://www.meetup.com/colorado-springs-lgbtqia-depression-bipolar-support-group/</a>
	3:00 pm	DBSA Young Adults	To attend/register/get zoom link, join Hey Peers (no cost to join) <a href="https://www.heypeers.com/">https://www.heypeers.com/</a>

You'll find more info about Portland Eastside's support groups on our Meetup site: [www.meetup.com/Portland-Depression-Bipolar-Support-Alliance](http://www.meetup.com/Portland-Depression-Bipolar-Support-Alliance)

**Online DBSA meetings offered by DBSA National using *Hey Peers* platform:** Grief Support, Family and Friends, Bipolar, Anxiety, Military Veterans, People of Color, Women's Support Group, Frontline Workers, Young Adult, Senior Strength and many more.

To attend/register/get zoom link, join Hey Peers (no cost to join) <https://www.heypeers.com/> Click on ORGANIZATIONS to find all DBSA meetings.