



Resource Sheet

This resource sheet is an abbreviated list of the main resources in our community for mental health related needs. It is meant to inform you of where you access assistance as quickly as possible. If you feel you are in considerable distress, we recommend that you contact a community agency or your primary physician for care or referrals. If you are in crisis or experiencing an emergency please dial 911, one of the phone or text lines listed below, or go to your nearest hospital emergency room.

Selection of Main Community Resources

Mid-Columbia Center for Living – Locations in Hood River, The Dalles, and Moro/Sherman County	
24-Hour Crisis Line: 888-877-9147	
Main Line, The Dalles	541-296-5452
Main Line, Hood River	541-386-2620
Main Line, Moro/Sherman Cty	541-565-3149
Website:	www.mccfl.org

One Community Health – Locations in The Dalles and Hood River	
Main Line, The Dalles	541-296-4610
Main Line, Hood River	541-386-6380
Website:	www.oncecommunityhealth.org

Comprehensive Healthcare – Local Locations in Goldendale and White Salmon, WA	
24-Hour Crisis Line: 833-407-9286	
Main Line, Goldendale	509-773-5801
Main Line, White Salmon	509-493-3400
Website:	www.comphc.org

Selection of Text, Warmline and Crisis/Hotline Options

There are a number of options available for students to access care or assistance. These can be for prevention, crisis, or if you just need someone to talk with you and listen. Some can be population specific, like for teens or LGBTQ+ individuals, but those listed here are more general.

Resource:	Access Info/Notes:	More info:
Crisis Text Line	Text HOME to 741741 Students do NOT have to be in crisis to access this line	crisistextline.org
Oregon Warmline	800-698-2392	http://communitycounselingsolutions.org/
WA Warmline	877-500-9276	http://www.crisisconnections.org/wa-warm-line/
Suicide Prevention Lifeline	800-273-8255 Also has a chat option accessed from the website	https://suicidepreventionlifeline.org/