

# HELP IS HERE

## SUICIDE PREVENTION AND MENTAL HEALTH

National Suicide Prevention Lifeline: 1-800-273-8255 [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Mental Health Crisis Text Line: text HOME to 741741

Lifeways: 541-240-8030 [www.lifeways.org](http://www.lifeways.org)

Yellowhawk: 541-966-9830 [www.yellowhawk.org](http://www.yellowhawk.org)

WHEN IN  
DOUBT  
CALL 911

## PREGNANCY/SEXUAL HEALTH

Pregnancy Care Services: 541-276-5757 <https://hopewithoptions.com/>

Umatilla Cty Health Dept.(testing & birth control): 541-278-5432 [www.co.umatilla.or.us/health/](http://www.co.umatilla.or.us/health/)

## DOMESTIC VIOLENCE/SEXUAL ASSAULT

Emergency: 911

Domestic Violence Services, Inc: 541-276-3322 [www.dvs-or.org](http://www.dvs-or.org)

Umatilla County Health Dept: 541-278-5432 [www.co.umatilla.or.us/health/](http://www.co.umatilla.or.us/health/)

RAINN Organization: (800)-656-HOPE [www.rainn.org](http://www.rainn.org)

## DRUG AND ALCOHOL ABUSE

Umatilla Cty Alcohol and Drug: 541-278-6330 [www.co.umatilla.or.us/AD/index.html](http://www.co.umatilla.or.us/AD/index.html)

Blue Mtn Associates/Grande Ronde Recovery: 541-663-4104 [www.bluemtassociates.com](http://www.bluemtassociates.com)

## FOOD SOURCES

St. Mary's Outreach: 541-276-2878

BMCC Food Pantry: <https://form.jotform.com/202685253341149>

Snap program: [www.fns.usda.gov/snap](http://www.fns.usda.gov/snap) 1-800-221-5689

### Mental Health Survey

Cry more easily or frequently than usual  
Can't laugh or enjoy yourself like you used to  
Feel sad more days than not in the last two weeks  
Feel worthless or have low self esteem  
Feel hopeless about ever feeling better  
**Thinks about suicide\***  
Sleeping and eating irregularly (more or less than usual)  
Decreased motivation and interest for everyday life  
Difficulty concentrating  
Feel more irritable than usual

**If more than 1-2 of these issues sounds like you, please reach out for help!**

\*Any thoughts of suicide merits reaching out to someone, whether you have other symptoms or not.

You may also contact the Health and Wellness Resource Center at BMCC for further guidance and assistance at [healthhelp@bluecc.edu](mailto:healthhelp@bluecc.edu) or 541-278-5965. Due to BMCC practicing remote learning, email is the most effective form of communication with the HWRC at this time.