

UO Counseling Center (including After-hours Support & Crisis Line): 541-346-3227
<https://counseling.uoregon.edu/crisis-support> (campus & community crisis resources)

- 1590 East 13th Avenue (across from Oregon Hall)
- Offer drop-in and scheduled counseling for UO students

White Bird Clinic: (community resource) <https://whitebirdclinic.org/services/>

- **Cahoots:** No-cost mobile crisis intervention resource available to all
<https://whitebirdclinic.org/cahoots/>
 - Eugene: 541-682-5111 / Springfield: 541-726-3714
 - “CAHOOTS offers a broad range of services, including but not limited to:
 - Crisis Counseling
 - Suicide Prevention, Assessment, and Intervention
 - Conflict Resolution and Mediation
 - Grief and loss
 - Substance Abuse
 - Housing Crisis
 - First Aid and Non-Emergency Medical Care
 - Resource Connection and Referrals
 - Transportation to Services”
- **24/7 Crisis Intervention Center:** free phone service: **541-687-4000**
- **Counseling services:** for adults on the Oregon Health Plan or adults who are experiencing homelessness/at risk of becoming homeless

White Bird’s “Little Help Book”: Online Lane County Resource Directory

- <https://little-help-book.netlify.app>

Hourglass 24/7 Walk In Services: free of charge walk-in crisis support services, open to all:
541-505-8426

- <https://www.columbiacare.org/hourglass.html>
- 71 Centennial Loop, Suite A, Eugene, OR 97401

Additional Resources provided by UO (each link directs you to both on and off campus resources):

Basic Needs (Including Housing, Food): <https://basicneeds.uoregon.edu>

- Housing specific resources link: <https://basicneeds.uoregon.edu/housing>

UO CARE: for Survivors & Victims of dating violence, assault, harassment, or stalking:
<https://safe.uoregon.edu>

- 24 hour line: 541-346-7233 (SAFE)
- Specific link for off-campus resources (can call 541-346-7233 for help locating a resource):

https://safe.uoregon.edu/services?f%5B0%5D=assistance_type%3Aoff_campus_agency

- Filter by “Assistance Type” → “Off-campus resources” to see only off-campus options

Nationwide Crisis Resources:

- **988 Suicide and Crisis Lifeline**: three-digit, nationwide Suicide and Crisis Lifeline, dial 988.
- **National Crisis Text Line**: Text HOME to 741741 to contact the National Crisis Text Line.