



Helping Hand Therapy

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Crisis Information Sheet

If you are experiencing a life-threatening emergency, please call 911 or go to your nearest emergency room immediately.

For urgent mental health support, please contact one of the following 24/7 resources:

National 24/7 Resources

- **988 Suicide & Crisis Lifeline**
 - Call or Text: 988
 - Online Chat: 988lifeline.org/chat
- **Crisis Text Line**
 - Text: HOME to 741741

Specialized National Crisis Lines

- **The Trevor Project (For LGBTQ Young People)**
 - Call: 1-866-488-7386
 - Text: START to 678-678
 - Online Chat: TheTrevorProject.org/get-help
- **Veterans Crisis Line**
 - Call: 988, then press 1
 - Text: 838255
 - Online Chat: VeteransCrisisLine.net

Local Crisis Lines

- **Southern Oregon (Jackson & Josephine Counties):** 24/7 Crisis Line - **541-774-8201**
- **Northern California (Siskiyou County):** 24/7 Crisis Line - **1-800-400-0911**

Local Hospitals with Emergency Rooms

- **Medford, OR:** Asante Rogue Regional Medical Center - 2825 E Barnett Rd, Medford, OR 97504

- **Ashland, OR:** Asante Ashland Community Hospital - 2800 E Barnett Rd, Ashland, OR 97520
- **Grants Pass, OR:** Asante Three Rivers Medical Center - 500 SW Ramsey Ave, Grants Pass, OR 97527
- **Yreka, CA:** Fairchild Medical Center - 444 Bruce St, Yreka, CA 96097