



YELLOWHAWK
TRIBAL HEALTH CENTER

Behavioral Health Crisis Contact Numbers

NATIONAL:

Suicide Prevention Lifeline:	Call or text 988
Crisis Text Line:	Text NATIVE to 741741
Teen Text Line:	Text TEEN to 839863
Problem Gambling:	1.877.695.4648
Youthline:	1.877.968.8491
Veterans Crisis Line	1.800.273.8255 (Press 1)
Disaster Distress Helpline	1.800.985.5990



LOCAL:

Community Counseling Solutions Crisis (24/7): 331 SE 2 nd Street Pendleton, Or 97801	1.541.240.8030
Yellowhawk Behavioral Health (Mon-Fri 7:30 am to 4 pm):	1.541.240.8670

CELL PHONE APPS (use your app store to find them!):

- Calm Harm (self-harm relief)
- Clear Fear (anxiety relief)
- Rootd (panic attack relief)
- Calm Urge (self-harm tracker)
- Breeze (mental health support)

DIAL

from any phone to get help.



**If you need immediate help now,
text **INDIGENOUS** to **741741** .**