

Racial Equity Support Line

“By us, for us”

We have created a free emotional support line that is geared specifically towards meeting the mental health needs of communities of color.

Experiencing racism, discrimination, or prejudice exasperates anxiety, depression, and substance use. Because we have lived experiences of racism, discrimination, or prejudice, we relate to your struggle.

You can reach us
at **503.575.3764**.

This line has been created and is staffed entirely by people of color with community input. This means that the voice on the other end of the call is someone from your community – not a stranger.

**Are you sick and tired of being sick and tired?
So are we.**

We recognize your struggle, and we are here to support our community. Despite historical adversity, our community continues to show its resilience and we will continue to come together to support one another. We are in this together and we are here if you need us. We're only a phone call away.

We relate to your culture.

We acknowledge
your trauma.



