

# Racial Equity SUPPORT LINE



**We relate to your struggle. We acknowledge your trauma.**

Our Racial Equity Support Line is a free, confidential helpline geared towards meeting the mental health needs of communities of color.

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

Find more information at  
[www.linesforlife.org/resl](http://www.linesforlife.org/resl)

Scan this code to add our **Racial Equity Support Line** to your contacts and get support from a crisis counselor of color.

This service staffed entirely by people of color and has been created with community input. This means that the voice on the other end of the call is someone who gets it - not a stranger.

**We're here when you need us.**

We are here to talk - to support - to connect. Despite historical adversity, our communities remain resilient. We continue to come together to support one another.

Give us a call at **(503).575.3764**

Our line is staffed weekdays,  
10am-7pm Pacific



Racial  
Equity  
SUPPORT  
LINE