

Racial
Equity
**SUPPORT
LINE**



Racism can change how we see the world around us.

When we look around our neighborhoods, we know that our communities aren't getting the same kind of treatment as others. This inequity can wear us down and harm our mental health.

The Racial Equity Support Line is a service led and staffed by people with lived experience of racism. We offer support to those who are feeling the emotional impacts of racist violence and microaggressions, as well as the effects of immigration struggles and other cross-cultural issues.

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



Racial Equity Support Line • 503-575-3764

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

