



We're here for you. 24 hours a day, 7 days a week

The Oregon Hopeline is a free and confidential statewide resource that can connect you to information and refer you or a loved one to harm reduction, treatment, recovery, and supportive services.

When you call the Hopeline, our Peer Support Specialists can

- Assess your needs with simple questions.
- Provide referrals to substance use harm reduction, treatment, recovery, and supportive services.
- Provide information and answer your questions about Substance Use Disorder (SUD), harm reduction, treatment, and recovery.
- Provide information on Measure 110 changes.

Hopeline features

- Always here for you: Trained and caring Peer Support Specialists can be reached 24 hours a day, 7 days a week, including holidays, by phone or by online chat.
- Help in any language: The Hopeline has Spanish-speaking staff, and an interpreter service is available by phone to callers speaking any language.
- Personalized referrals: Peer Support Specialists can refer callers to services based on location, age, dual-diagnosis, and more.

We can connect you to the services that are right for you.

Harm reduction

These services keep people who use drugs, like fentanyl or alcohol, safe by offering non-judgmental care that improves their quality of life and health, prevents and manages injury and disease, and prevents fatal overdoses.

Recovery

Recovery looks different for everyone and it might include medication-assisted treatment, self-help or support groups, recovery coaching, or being part of recovery communities.

Treatment

Treatment for substance use disorder can look different for everyone. It may combine medical care with services that help you learn coping skills, and can take place in an inpatient or outpatient setting.

Other services

In addition to substance use services, housing support, employment assistance, and food insecurity services are also available.



Measure 110

M110 decriminalized small amounts of certain drugs for personal use and provided more funding for substance use treatment and recovery services in Oregon. It was amended in February of 2024, and recriminalized possession of small amounts of drugs for personal use. As of September 1, 2024, being found with drugs may result in a drug enforcement misdemeanor. The Hopeline can answer your questions about M110 and what the changes could mean for you.



If you would like to know more about the Hopeline and how we can be a resource for you, contact Kaycee Friend at Kfriend@hria.org for more information or to schedule a presentation.

