



# RECOMMENDED MENTAL HEALTH RESOURCES

## CRISIS AND CALL LINES

Please note that active rescue including first responders and law enforcement may be mobilized.

- **Deschutes County Community 24-hour Crisis Line:** 541-322-7500 ext. #9
- **24-hour Crisis Stabilization Center:** 541-585-7210 (Non- Emergency)
  - Located at: 63311 Jamison Street, Bend (walk in)
- **Suicide & Crisis Lifeline:** Dial or text 988
  - For Spanish call 988 (no text option)
- **National Suicide Prevention LifeLine:** 1-800-273-TALK (8255)
  - Spanish language calls 1-888-628-9454 or text "MIL1" 839863
  - Veterans press #1
- **Oregon YouthLine:** 877-968-8491 or text "teen2teen" to 83983
- **Trans LifeLine:** 1-877-565-8860 (Limited Operating Hours) (Non- Emergency)
- **The Trevor Project (LGBTQ Youth):** 1-866-488-7386 or text "START" to 678678
- **Oregon Crisis Text Line:** Text HOME to 741741 to reach a Crisis Counselor

## COUNSELING RESOURCES

- **Deschutes County Behavioral Health:** 541-322-7500
- **St. Charles Behavioral Health Services:** 541-706-2768
- **OSU-Cascades Free Counseling Clinic in Bend:**
  - Call 541-322-2047 or email [cascades.counseling@osucascades.edu](mailto:cascades.counseling@osucascades.edu).
  - Online: [osucascades.edu/webform/counseling-clinic-make-appointment](https://osucascades.edu/webform/counseling-clinic-make-appointment)
- **Best Care Treatment Services Outpatient Counseling:**
  - *Bend:* 541-617-7365      *Redmond:* 541-504-2218
  - *Madras:* 541-475-6575      *Prineville:* 541-323-5330
- **Central Oregon Mental Health Providers Directory:** <http://www.mentalhealthlistco.org/>

## GRIEF SUPPORT

- **The Compassionate Friends:** a self help group for parents who have had a child of any age die of any cause; meets the first Tuesday of the month at 7:00pm (except December).
  - Contact Carol Palmer at [carolpalmer004@gmail.com](mailto:carolpalmer004@gmail.com) or 541-480-0667
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- **Individual Grief Support:** Partners in Care offers short-term individual support counseling sessions to those who have experienced a death of a loved one. Call Partners in Care at: 541-382-5882.
- **American Foundation for Suicide Prevention, Healing Conversations Program:** <https://afsp.org/healing-conversations>



To request this information in an alternate format, please call Deschutes County Suicide Prevention Program at 541-322-7534 or send an email to [bethany.kuschel@deschutes.org](mailto:bethany.kuschel@deschutes.org).

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## REGIONAL RESOURCES



**Deschutes County Suicide Prevention Program**  
[www.deschutes.org/suicideprevention](http://www.deschutes.org/suicideprevention)



**Central Oregon Suicide Prevention Alliance**  
[www.preventsuicideco.org](http://www.preventsuicideco.org)



**Jefferson County Public Health**  
Crisis Line: 541-475-6575



**National Alliance of Mental Illness (NAMI)**  
[www.namicalcentraloregon.org](http://www.namicalcentraloregon.org)



**Crook County Health Department**  
<https://co.crook.or.us/health/page/mental-health>  
24-hour crisis line: 888-232-7192



**Best Care Prevention (Jefferson County)**  
<https://www.bestcareprevention.com/>

## YOUTH, TEENS & YOUNG ADULTS



**YouthLine**  
[www.oregonyouthline.org](http://www.oregonyouthline.org)



**The Trevor Project**  
[www.thetrevorproject.org](http://www.thetrevorproject.org)



**First Step App**  
[www.firststeporegon.org](http://www.firststeporegon.org)



**School Based Health Centers**  
[www.deschutes.org/health/page/school-based-health-centers](http://www.deschutes.org/health/page/school-based-health-centers)



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