

HEALTH SERVICES PUBLIC HEALTH

# **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**

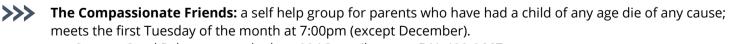
- >>> Deschutes County Behavioral Health: 541-322-7500
- **St. Charles Behavioral Health Services:** 541-706-2768
- >>> OSU-Cascades Free Counseling Clinic in Bend:
  - Call 541-322-2047 or email cascades.counseling@osucascades.edu.
  - Online: osucascades.edu/webform/counseling-clinic-make-appointment

#### **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: <u>http://www.mentalhealthlistco.org/</u>

## **GRIEF SUPPORT**



- Contact Carol Palmer at carolpalmer004@gmail.com or 541-480-0667
- >>> 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.

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**American Foundation for Suicide Prevention**, *Healing Conversations Program*: <u>https://afsp.org/healing-conversations</u>

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.

# **RECOMMENDED MENTAL HEALTH RESOURCES**

### **REGIONAL RESOURCES**



Deschutes County Suicide Prevention Program www.deschutes.org/suicideprevention



Public Health Prevent. Promote. Protect.

Jefferson County Public Health

Crisis Line: 541-475-6575



Central Oregon Suicide Prevention Alliance www.preventsuicideco.org



National Alliance of Mental Illness (NAMI)

www.namicentraloregon.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



www.firststeporegon.org



The Trevor Project www.thetrevorproject.org



School Based Health Centers www.deschutes.org/health/page /school-based-health-centers



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