

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 Stabilization Center:** 541-585-7210 (Non– Emergency)
 - ⇒ Located at: 63311 Jamison Street, Bend
- ◇ **National Suicide Prevention Lifeline: *Dial or text 988*** (the previous 1-800-273-TALK (8255) is also still in effect)
 - ⇒ Veterans press #1, for Spanish language calls 1-888-628-9454 or text “MIL1” 839863
- ◇ **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:** <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 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.
- ◇ **American Foundation for Suicide Prevention, Healing Conversations Program:** <https://afsp.org/healing-conversations>



To request this information in an alternate format please call
(541) 322-7532 or send an email to Bethany.Kuschel@deschutes.org.



Recommended Mental Health Resources

Regional Resources



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



Central Oregon Suicide Prevention Alliance
www.preventsuicideco.org



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



National Alliance of Mental Illness (NAMI)
www.namicalcentraloregon.org



Mind Your Mind Central Oregon
<https://mindyourmindco.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



The Trevor Project
www.thetrevorproject.org



First Step App
www.firststeporegon.org
Download the app wherever you get your apps



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



To request this information in an alternate format please call (541) 322-7532 or send email to Bethany.Kuschel@deschutes.org.

