

Recommended Suicide Prevention Resources

Emergencies

- 911
- Local emergency rooms
- Crook County 24-Hour Crisis Line 1-866-638-7103
- Deschutes County 24-Hour Crisis Line (541) 322-7500 ext. #9
- National Suicide Prevention Lifeline 1-800-273-TALK (8255) **TEXT** "273Talk" to 839863
For **Veterans** press #1, For **Spanish language** call 1-888-628-9454, **TEXT** "MIL1" to 839863
For **Hearing and speech impaired** call 1-800-799-4TTY (4889)

To speak with a counselor or schedule an appointment

- Deschutes County Behavioral Health: (541) 322-7500
- Deschutes County—South County Behavioral Health Hub: (541) 322-7500
- Lutheran Community Services Northwest—Prineville: (541) 323-5330
- St. Charles Behavioral Health Services: (541) 706-2768
- For local providers go to www.deschutes.org/suicideprevention and click on *Local Private Providers*
- OSU-Cascades free counseling clinic in Bend and La Pine, call (541) 322-2047 or e-mail cascades.counselingclinic@osucascades.edu (counseling provided by students in training and serving ages 14 and older).

For Support

Bereavement Groups

- **Bend:** 2nd Monday of month, 7-8:30 p.m. Located at Partners In Care, 2075 NE Wyatt Ct., Bend. For information contact Alison Sorenson, alison@alisonsorensoncounseling.com or (541) 610-9500.
- **Redmond:** For information contact Herb Baker, herbandjudy@yahoo.com or (503)708-3047.

Outreach Visits For Survivors of Suicide Loss

The American Foundation for Suicide Loss (AFSP), provides personal outreach visits for bereaved survivors of suicide loss. Request a visit through your local AFSP Chapter by contacting the Oregon coordinator via email or phone number as listed on the national website: www.afsp.org/outreachprogram.



**Deschutes County Health Services Mission:
To Promote and Protect the Health and Safety of our Community.**

To request this information in an alternate format please call (541) 388-6606
or send email to david.visiko@deschutes.org.



Recommended Suicide Prevention Resources

For Information

www.deschutes.org/suicideprevention



www.namcentraloregon.org



www.suicidepreventionlifeline.org



www.sprc.org



Youth, Teens and Young Adults

www.oregonyouthline.org



YouthLine is a free, confidential teen-to-teen crisis and help line. 877.968.8491



Teen2teen is a free, confidential teen-to-teen crisis and text option. Text "teen2teen" to 83983

www.reachout.com



Mental health information and support for teens and young adults.

www.thetrevorproject.org



Crisis intervention resources for lesbian, gay, bisexual, transgender and questioning young people ages 13-24.

www.mindyourmind.ca



Created by and for young people to learn about depression, anxiety, stress and common life issues.

What YOU Can Do

- Carry A Suicide Prevention Lifeline Card:



- Get Suicide Prevention Trained:



- Volunteer :

- Suicide Prevention Outreach Workgroup
- Suicide Prevention Primary Care Workgroup
- Central Oregon Suicide Prevention Alliance

CONTACT: David Visiko (541) 322-7481, David.Visiko@deschutes.org

- Talk openly about behavioral and mental health.



Deschutes County Health Services Mission:
To Promote and Protect the Health and Safety of our Community.

To request this information in an alternate format please call (541) 388-6606 or send email to david.visiko@deschutes.org.

