

# Recommended Mental Health Parent, Guardian, Caregiver Resources

If your youth is needing immediate assistance, please go to the nearest emergency room or call 911.

## Virtual Resources

- ◇ [APP: Know Bullying, SAMHSA](#)
- ◇ [YouTube: Parents, It's Time To Talk About Suicide, Utah State University](#)
- ◇ [YouTube: Youth Suicide Prevention, Psych Hub](#)
- ◇ [YouTube: I Had a Black Dog, His Name was Depression, World Health Organization](#)
- ◇ [YouTube: Teen Suicide Prevention, National Suicide Prevention Lifeline](#)
- ◇ [WEBSITE: American Foundation for Suicide Prevention \[AFSP\], Teens and suicide: What parents should know](#)
- ◇ [WEBSITE: Rise and Shine, How to help a youth who has thoughts of suicide](#)
- ◇ [WEBSITE: American Association of Suicidology, Suicide and Social Media](#)



Scan here for apps, website and video resources

## Non-Emergency Resources

- ◇ [Dougy Center, Grief Resources for Children and Families: https://www.dougy.org/](https://www.dougy.org/)
- ◇ [Family Resource Center of Central Oregon, Parenting Education, Resources, and Referrals: https://frconline.org/who-we-are/](https://frconline.org/who-we-are/)
- ◇ [Latino Community Association, Cultural Enrichment– Family Empowerment & Education + More: https://latinocommunityassociation.org/](https://latinocommunityassociation.org/)
- ◇ [Parents Families and Friends of Lesbians and Gays \[PFLAG\], Central Oregon Chapter: https://pflagcentraloregon.webs.com/](https://pflagcentraloregon.webs.com/)
- ◇ **Parents as Partners: A Suicide Prevention Guide for Parents of Teens:** 11-page booklet with useful information for parents who are concerned about their children's suicide risk.



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



# Recommended Parent, Guardian, Caregiver 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:** 1-800-273-TALK (8255), or text “273Talk” to 839863
  - ⇒ Veterans press #1, for Spanish language calls 1-888-628-9454 or text “MIL1” 839863
- ◇ **Oregon Crisis Text Line:** Text HOME to 741741 to reach a Crisis Counselor
- ◇ **Oregon YouthLine:** 877-968-8491 or text “teen2teen” to 83983

## Regional Resources



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



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



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



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

## 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)  
Download the app wherever you get your apps



**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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