## 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](https://example.com)

### 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.
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)
![National Alliance of Mental Illness (NAMI)](www.namicentraloregon.org)

![Jefferson County Public Health](Jefferson County Public Health)
![Crook County Health Department](https://co.crook.or.us/health/page/mental-health)

Youth, Teens, & Young Adults

![YouthLine](www.oregonyouthline.org)
![The Trevor Project](www.thetrevorproject.org)
![First Step App](www.firststeporegon.org)
![School Based Health Centers](www.deschutes.org/health/page/school-based-health-centers)

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