**CRISIS AND CALL LINES**

- **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)
- **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/](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](https://afsp.org/healing-conversations)

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

Central Oregon Suicide Prevention Alliance
www.preventsuicidedeco.org

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

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

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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