Central Oregon Support Groups and Resources

*List compiled by Deschutes County Health Services staff. Availability and contact information may have changed. DCHS does not endorse any particular provider.


NAMI:  http://namicentraloregon.org/support/

Psychology Today:  https://www.psychologytoday.com/us/groups/or/bend

Grief:  https://www.partnersbend.org/bend-hospice-services/adult-grief-support/

Suicide:  https://www.deschutes.org/health/page/suicide-prevention#:~:text=Support%20for%20Survivors%20of%20Suicide%20Loss&text=Meets%20the%20first%20Tuesday%20of%20each%20month.or%20carolpalmer004%40gmail.com.

Meetup Support groups:  https://www.meetup.com/topics/support-groups/us/or/bend/

Pandemic Partners Facebook Group:  https://www.facebook.com/groups/PandemicPartnersBend/

Pandemic Partners helpline: helpline: 541-668-6117

Council on Aging: Mon-Fri 8am-4:30pm (541-678-5483) Assistance with meal delivery and other needs.

Drug/Alcohol and other addictions:

Al-Anon: (541) 548-0440 or  www.centraloregonal-anon.org.

Alcoholics Anonymous (AA): (541) 548-0440 or  www.coigaa.org

Gambling Hotline: 1-800-233-8479

Gambling Addiction resources and help: 1-877-MYLIMIT or  www.1877mylimit.org

Narconon: 1-800-468-6933 (support for family and friends of narcotics addicts)

Narcotics Anonymous (NA): (541) 416-2146 or  https://www.na.org/meetingsearch/

Overeaters Anonymous: (541) 306-6844

Tobacco Free Alliance: (541) 322-7481

Suicide Prevention:

Updated 2/28/2022
Deschutes County Crisis Line: (541) 322/7500 ex. 9

National Suicide Prevention Line: (800) 273-8255

Teen to teen line: (877) 968-8491 or text teentoteen to 839863