

Recommended Mental Health Resources

Crisis and Call Lines

- ◇ **Deschutes County 24-hour Crisis Line:** 541-322-7500 ext. #9
 - ⇒ Please note that Law Enforcement may be mobilized if a well-person check is initiated
- ◇ **Deschutes County Stabilization Center:** 541-585-7210
 - ⇒ Located at: 63311 Jamison Street, Bend
 - ⇒ For current hours of operation, visit www.deschutes.org/health/page/crisis-services
- ◇ **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 YouthLine:** 877-968-8491 or text “teen2teen” to 83983
- ◇ **Trans LifeLine:** 1-877-565-8860
- ◇ **The Trevor Project (LGBTQ Youth):** 1-866-488-1386 or text “START” to 678678

Counseling Resources

- ◇ **Deschutes County Behavioral Health:** 541-322-7500
- ◇ **St. Charles Behavioral Health Services:** 541-706-2768
- ◇ **Lutheran Community Services Northwest - Bend:** 541-323-5332
- ◇ **OSU–Cascades Free Counseling Clinic in Bend:** call 541-322-2047 or email cascades.counseling@osucascades.edu
- ◇ **Mosaic Medical Behavioral Health Hotline :** 541-408-9562
- ◇ **Best Care Treatment Services:** 541-504-9577
- ◇ **Central Oregon Mental Health Providers Directory:** preventsuicideco.org/provider-directory/

Grief Support

- ◇ **Bend Area Suicide Bereavement Group:** meets the second Monday of the month, 7:00-8:30pm.
 - ⇒ Email Alison Sorenson at alison@alisonsorensoncounseling.com
- ◇ **The Compassionate Friends:** 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, Health Conversations Program:** <https://afsp.org/healing-conversations>



To request this information in an alternate format please call (541) 322-7420 or send an email to whitney.schumacher@deschutes.org.



Recommended Mental Health Resources

Regional Resources



Deschutes County Suicide Prevention Program
www.deschutes.org/suicideprevention



Central Oregon Suicide Prevention Alliance
www.preventsuicideco.org



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



National Alliance of Mental Illness (NAMI)
www.namicalcentraloregon.org



Mind Your Mind Central Oregon
<https://mindyourmindco.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
Download the app wherever you get your apps



School Based Health Centers
www.deschutes.org/health/page/school-based-health-centers



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