Recommended Suicide Prevention Resources

Emergencies

- Deschutes County 24-hour Crises Line: 541-322-7500 ext. #9
- 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
- Trevor Project (LGBTQ Youth): 1-866-488-1386 or text “START” to 678678

Counseling

- 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 or La Pine: call 541-322-2047 or email cascades.counseling@osucascades.edu
  - Counseling provided by students in training and serving ages 14 and older
- For a list of privately insured mental health providers in the Central Oregon region visit: www.preventsuicideco.org/providers

Support for Survivors of Suicide Loss

- Bend Area Bereavement Group: meets the second Monday of the month, 7:00-8:30pm. Located at Partners in Care
  - Located at Partners in Care (2075 NE Wyatt Ct.), email Alison Sorenson at alison@alisonsorensoncounseling.com
- Redmond Area Bereavement Group: call the trained facilitator Herb Baker at 503-708-3047 or email herbandjudy@yahoo.com
- The Compassionate Friends: meets the first Tuesday each month at 7:00pm (except December).
  - Located at Partners in Care 2075 NE Wyatt Ct.), email Carol Palmer at carolpalmerrn@icloud.com or call 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 541-382-5882.

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

Information

- www.deschutes.org/suicideprevention
- www.suicidepreventionlifeline.org
- www.preventsuicideco.org
- www.namicentraloregon.org
- www.preventsuicideco.org/training/
- www.preventsuicideco.org
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- www.preventsuicideco.org

Youth, Teens, & Young Adults

- www.oregonyouthline.org
- www.thetrevorproject.org

What YOU Can Do

- Carry a Suicide Prevention LifeLine Card and put the number in your phone: 1-800-273-TALK (8255)
- Get trained at www.preventsuicideco.org/training/
- Volunteer with the Central Oregon Suicide Prevention Alliance at www.preventsuicideco.org
- Contact Whitney Schumacher, Suicide Prevention Coordinator at whitneys@deschutes.org
- Talk openly about behavioral and mental health

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