



RECOMMENDED MENTAL HEALTH RESOURCES

CRISIS AND CALL LINES

Please note that if utilized, 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 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/>

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>



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.

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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.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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