

## *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.

Bend Bulletin: [https://www.bendbulletin.com/lifestyle/central-oregon-support-groups/article\\_f89961f1-6f39-5c53-b8ec-13ecae15ce78.html](https://www.bendbulletin.com/lifestyle/central-oregon-support-groups/article_f89961f1-6f39-5c53-b8ec-13ecae15ce78.html)

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,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](http://www.centraloregonal-anon.org).

Alcoholics Anonymous (AA): (541) 548-0440 or [www.coigaa.org](http://www.coigaa.org)

Gambling Hotline: 1-800-233-8479

Gambling Addiction resources and help: 1-877-MYLIMIT or [www.1877mylimit.org](http://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