

Recommended Suicide Prevention Resources

Emergencies

- 911
- Local emergency rooms
- Crook County 24 Hour Crisis Line 1-866-638-7103
- Deschutes County 24 Hour Crisis Line (541) 322-7500
- National Suicide Prevention Lifeline 1-800-273-TALK (8255)
For **Veterans** press #1, For **Spanish language** call 1-888-628-9454,
For **Hearing and speech impaired** call 1-800-799-4TTY (4889)

To speak with a counselor or schedule an appointment

- Lutheran Community Services Northwest—Prineville (541) 323-5330
- Deschutes County Behavioral Health (541) 322-7500
- Deschutes County—South County Behavioral Health Hub (541) 322-7500 ext.#9
- St. Charles Behavioral Health Services (541) 706-2768
- For local providers go to www.deschutes.org/suicideprevention and click on *Local Private Providers*
- OSU-Cascades free counseling clinic in Bend and La Pine (541) 322-2047 or e-mail cascades.counselingclinic@osucascades.edu (provided by counseling students in training and serving ages 14 and older).

For Information and Support

- www.suicidepreventionlifeline.org (information and support)
- www.thetrevorproject.org (crisis intervention and resources for lesbian, gay, bisexual, transgender and questioning young people ages 13-24)
- www.deschutes.org/suicideprevention (local prevention efforts and resources)
- www.namicalcentraloregon.org (National Alliance on Mental Illness of Central Oregon)
- Text “teen2teen” to 83983 for free, confidential teen-to-teen support through text
- YouthLine 877-968-8491 teen-to-teen phone support
- **Support for Survivors of Suicide Loss**

Bereavement Groups

◆ 2nd Monday of month, 7-8:30 p.m. Located at Partners In Care, 2075 NE Wyatt Ct., **Bend**. For information contact Alison Sorenson, alison@alisonsorensoncounseling.com or (541) 610-9500.

◆ **Redmond** For information contact Herb Baker, herbandjudy@yahoo.com or (503)708-3047.

Outreach Visits For Survivors of Suicide Loss

Through the American Foundation for Suicide Loss (AFSP), outreach visits are available for bereaved survivors of suicide loss and their families. Request a visit through your local AFSP Chapter by contacting the Oregon coordinator via email or phone number as listed on the



**Deschutes County Health Services Mission:
To Promote and Protect the Health and Safety of our Community.**

To request this information in an alternate format please call (541) 388-6606
or send email to david.visiko@deschutes.org.

