

Warm Springs

Mental Health Resources

no hay recursos específicos en español en Warm Springs



MENTAL HEALTH RESOURCES

Warm Springs Community Counseling	541-553-3205 1233 Veterans St.	Mental health, substance abuse and crisis services at no charge. Phone line staffed 24/7.
Strong Hearts Native Helpline	844-762-8483 strongheartshelpline.org	Anonymous domestic and sexual violence helpline. Phone line staffed 24/7.
We R Native (for youth)	Text NATIVE to 741741 or call 988 strongheartshelpline.org	Free, 24/7 counseling support for youth, text or call with any 'mind, body or spirit' questions and a Relative can assist with good medicine
NAMI Central Oregon	namicentraloregon.org	Compassion Committee (541) 316-0167 info@namicentraloregon.org <i>(volunteer-staffed email and voicemail line)</i> Support groups, educational classes, outreach

COUNSELING OPTIONS (OHP)

***more options may be available w/ internet search**

St. Charles Healthcare	541-475-3882
Brightways Counseling	541-904-5216
Life Works of Central Oregon	541-382-8862
Charlie Health Online, Intensive outpatient services for teens and adults	charliehealth.com (866)-805-5055

County-wide Mental Health Resources

Recursos de salud mental en todo el condado

***hotlines/warmlines that offer services without mandatory reporting**
**líneas directas/líneas de atención que ofrecen servicios sin notificación obligatoria*

NAME	CONTACT INFO	HOURS	SERVICES PROVIDED
National Suicide Prevention Hotline	988	24/7	Crisis support
Crisis Text Line	Text: HOME to 741741	24/7	Immediate texting with a crisis counselor
Friendship Line	800-971-0016	24/7	Crisis line for people 60+ or people with disabilities
NAMI Oregon Helpline	800-343-6264	Voicemail line	Referral, information, and support
Oregon Youth Line	877-968-8491 Text: teen2teen to 839863	Adults 24/7 Teens 4-10pm	Confidential teen-to-teen crisis and helpline
The Trevor Project	866-488-7386 Text: START to 678678	24/7	Suicide prevention services to LGBTQ youth under 25
Veterans Crisis Line	800-273- 8255 (press 1) Text: 838255	24/7	Confidential crisis support to Veterans
Lines for Life	linesforlife.org 800-923-4357	24/7	Peers support for adults and teens in crisis
Blackline*	800-604-5841 text or call	24/7	Support, counseling, reporting for Black, Indigenous + People of Color
Trans Lifeline*	877-565-8860	24/7	Trans peer support
Wildflower Alliance*	888-407-4515 <i>(do not leave a voicemail)</i>	Mon-Thurs 4- 6pm Fri- Sun 4- 7pm	Support for anyone looking to connect with someone who has first-hand experience with trauma/addiction/etc.

RECURSOS EN ESPAÑOL

NOMBRE	DATOS DE CONTACTO	HORAS DISPONIBLE	SERVICIOS PRESTADOS
Línea Directa Nacional de Prevención del Suicidio	988	24/7	Apoyo en crisis
Línea de crisis por texto	Textea AYUDA para Español	24/7	Mensajes de texto inmediato con un consejero de crisis.
Alianza de flores silvestres*	888-407-4515 <i>(no dejes un mensaje de voz)</i>	Lunes - Jueves 4- 6pm Viernes - Domingo 4- 7pm	Apoyo para cualquier persona que busque conectarse con alguien que tenga experiencia de primera mano con trauma/adicción/etc.