

Deschutes County

Mental Health Resources



Recursos de salud mental del condado de Deschutes

*designa servicios disponibles en español

| NAME NOMBRE | PHONE TELÉFONO | ADDRESS DIRECCIÓN | SERVICES PROVIDED INFORMACIÓN |
|---|---|--|--|
| Deschutes County Stabilization Center* | <p>Crisis Line/ línea de crisis 541-322-7500 x9</p> <p>Non-emergency/ No es una emergencia 541-585-7210</p> | <p>24/7 63311 NE Jamison St. Bend</p> | <p>Mental health crisis assessment and short-term stabilization (does not provide medical capabilities)</p> <p><i>Evaluación de crisis de salud mental y estabilización a corto plazo (no proporciona capacidades médicas)</i></p> |
| Cascade Peer and Self Help Center | 541-390-1351 | <p>M-F 9am- 2pm 1128 NW Harriman St. Bend</p> | Drop in center with daily mental health activities |
| BestCare - Bend* | 541-550-1068 | 358 NE Marshall Ave | <p>Outpatient mental health and addiction services</p> <p><i>Servicios ambulatorios de salud mental y adicciones</i></p> |
| BestCare - Redmond* | 541-504-2218 | 340 NW 5th St #202 | <p>Outpatient & residential mental health and addiction services, detox facility</p> <p><i>Servicios de salud mental y adicciones para pacientes ambulatorios y residenciales, centro de desintoxicación</i></p> |
| Charlie Health Online | charliehealth.com (866)-805-5055 | | National online group and individual Intensive Outpatient Therapy - programs for teens and adults available |
| Behavioral Health / Counseling (all take OHP) <i>Salud conductual/ consejería (todos toman OHP)</i> | Mosaic Medical* | 541-383-3005 | Bend + Redmond |
| | St. Charles Healthcare* | 541-706-7730 | Bend + Redmond |
| | Summit Medical Group* | 541-382-4900 | Bend + Redmond |
| | High Lakes Healthcare* | 541-706-3836 | Bend + Redmond |

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 (do not leave a voicemail) | 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 Espanol | 24/7 | Mensajes de texto inmediato con un consejero de crisis. |
| Alianza de flores silvestres* | 888-407-4515 (no dejes un mensaje de voz) | 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. |