

Lane County Mental Health & Suicide Prevention Resources

CRISIS HOTLINES

911: Imminent danger to self or others

988: Mental Health Crisis Intervention Specialists

BlackLine Crisis Line: 800-604-5841

Lines for Life Youth Line: Call 877-968-8491 Text “teen2teen” to 839863 Chat at www.oregonyouthline.org - teens available to help from 4-10 PM Pacific Standard time (off-hour calls answered by Lines for Life)

Military Helpline: Call 888-457-4838/Text MIL1 to 839863

Trevor Lifeline: 866-488-7386 (for LGBTQ youth)

Trans Lifeline: 877-565-8860

White Bird: 541-687-4000; 1-800-422-7558 (24-hour local crisis line)

Crisis Text Line: 741741 (text “HOME” to access services) 24/7 support

CRISIS SERVICES

Hourglass Community Crisis Center: 541-505-8426

Short-term mental health crisis assessment & stabilization for adults, 24 hours/day

Lane County Youth Crisis Response Program: 888-989-9990 (for parents of children through age 17) **CAHOOTS:** Non-emergency mobile crisis intervention. 541-682-5111 (Eugene); 541-726-3714 (Springfield)

BEHAVIORAL HEALTH AND SUBSTANCE USE SERVICES

Alcohol & Drug Helpline: 800-923-4357 or Text “Recovery Now” to 839863

Cascade Behavioral Health: 541-345-2800

Center for Family Development: 541-342-8437 (mental health and substance abuse disorders)

Centro Latino Americano: 541-687-2667*

The Child Center: 541-726-1465 (ages 17 and under)

Child & Family Center, University of Oregon: 541-346-4805

Direction Service Counseling: 541-344-7303

Lane County Behavioral Health: 541-682-3608*; Child & Adolescent Program: 541-682-1915

Looking Glass Counseling Program: 541-484-4428

Odyssey Community Counseling: 541-741-7107

Options Counseling: 541-687-6983*; 541-997-6261(Florence); 541-762-1971 (Springfield)

Oregon Community Programs: 541-743-4340

Oregon Family Support Network: 503-363-8068

Oregon Healing Collective: 541-968-4325

Oregon Social Learning Center: 541-284-7560 (substance abuse treatment for 12-18 yr olds)

PeaceHealth Counseling Services: 541-902-6085 (Florence); 541-685-1794 (Eugene)

South Lane Mental Health: 541-942-3939 (counseling & crisis services for South Lane County)

Vet Center: 541-465-6918 (combat veterans; also offers MST services)

VA Mental Health: 541-242-0440

Vista Counseling: 541-517-9733

White Bird Clinic: 541-342-8255

Willamette Family: 541-343-2993 (services for mental health & substance abuse disorders)

Youth ERA: 971-334-9295

***Spanish-speaking staff available**

SUPPORT GROUPS

National Alliance on Mental Illness (NAMI) Lane County: 541-343-7688; namilane.org

2-1-1 Info: local community resources: 211info.org or dial 211

SUICIDE BEREAVEMENT SERVICES

Suicide Bereavement Group: 541-747-2087 jenniferbakerfund.org Free monthly support group in Springfield for survivors of suicide loss

American Foundation for Suicide Prevention: afsp.org Survivor Outreach Program – Peer support for survivors of suicide loss

GENERAL BEREAVEMENT SERVICES

Cascade Health Solutions Grief Education & Support Groups:

541-228-3083 Free and open to adults living with the loss of a loved one

Grief Support Group: 541-726-4478

Free weekly general bereavement support group at McKenzie Willamette Medical Center

Bereavement Support Group: 541-242-8753

Free general bereavement support groups at Sacred Heart Medical Center

MENTAL HEALTH WEBSITES

Mental Health America: mentalhealthamerica.net

National Council for Behavioral Health: thenationalcouncil.org

National Institute of Mental Health: nimh.nih.gov/health

National Suicide Prevention Lifeline:

suicidepreventionlifeline.org Now Matters Now:

nowmattersnow.org

Substance Abuse and Mental Health Services Administration:

samhsa.gov Suicide Is Different: suicideisdifferent.org

Suicide Prevention Resource Center: sprc.org

**For additional resources and information, visit the
website for The Suicide Prevention Coalition of Lane
County suicidepreventlane.org**

