

Lane County Mental Health & Suicide Prevention Resources

CRISIS

911: Imminent danger to self or others

CAHOOTS (Crisis Assistance Helping Out On the Streets): non-emergency mobile crisis intervention. 541-682-5111 (Eugene); 541-726-3714 (Springfield)

Hourglass Community Crisis Center: 541/505-8426

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

Mental Health Crisis Response Program: 1-888-989-9990 (for parents of children through age 17)

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

Looking Glass Youth & Family Crisis Line: 541-689-3111

National Suicide Prevention Lifeline: 1-800-273-8255 (press 1 for Veterans Crisis Line)

Trevor Lifeline: 1-866-488-7386 (for LGBTQ youth)

Crisis Text Line: 741-741 (text "CONNECT" to access services) 24/7 support

COUNSELING

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

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

4J School-Based Health Centers (residents of 4J area, including siblings under 19):

Churchill 541-790-5227, N. Eugene 541-790-4445

Bethel School District Mental Health Services: 541-607-1430 (Bethel district students only)

Springfield Schools Health Center: 541-682-3550* (Springfield district students and their family members)

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

White Bird Clinic: 541-342-8255

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

*Spanish-speaking staff available

SUPPORT GROUPS

For information on various support groups offered in Lane County, contact the following:

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(Darlene Baker); jenniferbakerfund.org

Free monthly support group in Springfield for survivors of suicide loss

Courageous Kids: 541-242-8693

Eight-week Suicide Loss Support Group for youth and their families

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

GENERAL WEBSITES

Mental Health America: mentalhealthamerica.net

Mind Your Mind Project: mindyourmindproject.org

National Council for Behavioral Health: thenationalcouncil.org

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

National Suicide Prevention Lifeline: suicidepreventionlifeline.org

QPR Institute: qprinstitute.com

Substance Abuse and Mental Health Services Administration: samhsa.gov

Suicide Prevention Resource Center: sprc.org

For additional resources and information, visit:

preventionlane
www.preventionlane.org



PUBLIC HEALTH

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