

Lane County Mental Health & Suicide Prevention Resources

*Spanish-speaking staff/interpreters available

CRISIS HOTLINES

911: Imminent danger to self or others*

988: National Suicide and Crisis Lifeline* (call, text, or chat)

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)* (Spanish speaking staff only available via phone call)

Looking Glass Youth Hotline: 541-689-3111

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

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)*

Center for Community Counseling: 541-344-0620

Plaza de Nuestra Comunidad: 541-687-2667*

Child & Family Center, University of Oregon: 541-346-4910*

Direction Service Counseling: 541-344-7303

Emergency Addiction and Behavioral Therapies: 541-393-0777*

Lane County Behavioral Health: 541-682-3608*; Child & Adolescent Program: 541-682-1915 (currently closed due to waiting list, try Youth Line, Cahoots, or Crisis Text Line)

Looking Glass Counseling Program: 541-484-4428*

Odyssey Community Counseling: 541-741-7107*

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

Oregon Community Programs: 541-743-4340*

Oregon Family Support Network: 503-363-8068*

Oregon Healing Collective: 541-968-4325*

Oregon Social Learning Center: 541-485-2711 (substance abuse treatment for 12-18 yr olds)*

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

Riverview Center for Growth: 541-726-1465 (ages 17 and under)



Serenity Lane Alcohol & Drug Treatment Services: 541-283-1796*
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: 541-762-4300 (services for mental health & substance abuse disorders)
Youth ERA: 971-334-9295

SUPPORT GROUPS

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

Compassionate Friends Rachael 541-221-5792 or Ben 541-704-5938; compassionatefriends.org
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
Bereavement Support Group: 458-205-7400 (press 1 and ask for bereavement services)
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

