

# Lane County Mental Health & Suicide Prevention Resources

## CRISIS

911: Imminent danger to self or others

CAHOOTS: 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

Youth 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)

The Trevor Project Lifeline: 1-866-488-7386 (for LGBTQ youth 24 and under)

The Trans Lifeline: 877-565-8860

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

Oregon YouthLine: 877-968-8491 or text 'teen2teen' to 839863 (for youth)

## COUNSELING

Eugene/Springfield Metro Area

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)

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 (ages 2-17)

Direction Service Counseling\*: 541-344-7303

Eugene Therapy: 541-868-2004; info@eugenetherapy.com

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

Laurel Hill Center: 541-485-6340 (Eugene)



**Suicide Prevention**  
Coalition of Lane County

Looking Glass Counseling Program\*: 541-484-4428

Odyssey Community Counseling: 541-741-7107

Options Counseling: 541-687-6983\* (Eugene); 541-762-1971 (Springfield)

Oregon Community Programs: 541-743-4340

PeaceHealth Counseling Services: 541-685-1794 (Eugene)

Relief Nursery Therapy Services: 541-343-9706 (Eugene, Springfield)

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)

Willamette Valley Counseling: 541-636-0885

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

#### Junction City Area

Laurel Hill Center: 541-780-6361 (Junction City)

Looking Glass Counseling Program\*: 541-484-4428 (Junction City)

#### Fern Ridge Area

Looking Glass Counseling Program\*: 541-484-4428 (Veneta)

Orchid Behavioral Health: 541-234-3255 (Fern Ridge)

#### Florence Area

Emergence Counseling: 541-997-8509 (counseling for chemical dependency/gambling issues for adolescents/teens as well as family dynamics)

Options Counseling: 541-997-6261 (Florence)

PeaceHealth Counseling Services: 541-902-6085 (Florence)

Reconnections Counseling: 541-997-1697

#### McKenzie River Area

Orchid Behavioral Health: 541-822-3341

#### Oakridge Area

Looking Glass Counseling Program\*: 541-484-4428

Orchid Behavioral Health: 541-782-8304

#### South Lane Area



Emergency Counseling: 541- 767-3057 (Cottage Grove)

Gateway Counseling Center: 541-942-0040 (Cottage Grove, accepts teens)

Looking Glass Counseling Program\*: 541-484-4428 (Cottage Grove)

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

\*Spanish-speaking staff available

## **SUPPORT GROUPS**

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

Oregon Family Support Network: 541-342-2876; [brooked@ofsn.net](mailto:brooked@ofsn.net)

2-1-1 Info: local community resources: [211info.org](http://211info.org) or dial 211

## **SUICIDE BEREAVEMENT SERVICES**

### In-Person Services

Suicide Bereavement Group: 541-747-2087 [jenniferbakerfund.org](http://jenniferbakerfund.org)  
Free monthly support group in Springfield for survivors of suicide loss

Survivors of Suicide Support Group: 916-802-9705  
Free weekly support group in Florence for survivors of suicide loss. Mondays from 5:30-7:00 at the Siuslaw Valley Fire & Rescue Station, 2625 Highway 101 Florence, OR 97439.

American Foundation for Suicide Prevention: [survivingsuicideloss@afsp.org](mailto:survivingsuicideloss@afsp.org); [afsp.org](http://afsp.org)  
Healing Conversations 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

PeaceHealth Bereavement Support Group: 458-205-7400  
Free general bereavement support groups at Sacred Heart Medical Center

Compassionate Friends: 541-689-0824  
Free support for families grieving the death of a child

Courageous Kids: 458-205-7474; [kpfeiffer@peacehealth.org](mailto:kpfeiffer@peacehealth.org)  
Grief support groups for children ages 6-17 who have experienced the death of a loved one

GriefShare: <https://www.griefshare.org/countries/us/states/or>  
Weekly grief support groups across Oregon. See website for locations, dates, times.

## **GENERAL WEBSITES**

Now Matters Now: [nowmattersnow.org](http://nowmattersnow.org)



Suicide Is Different: [suicideisdifferent.org](http://suicideisdifferent.org)

Mental Health America: [mentalhealthamerica.net](http://mentalhealthamerica.net)

Mind Your Mind Project: [mindyourmindproject.org](http://mindyourmindproject.org)

National Council for Behavioral Health: [thenationalcouncil.org](http://thenationalcouncil.org)

National Institute of Mental Health: [nimh.nih.gov/health](http://nimh.nih.gov/health)

National Suicide Prevention Lifeline: [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Substance Abuse and Mental Health Services Administration: [samhsa.gov](http://samhsa.gov)

Suicide Prevention Resource Center: [sprc.org](http://sprc.org)

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

[suicidepreventlane.org](http://suicidepreventlane.org)