

Lane County Mental Health & Suicide Prevention Resources

* Indicates Spanish-speaking staff available

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: Churchill 541-790-5227 (Lane County students and siblings under 19), North Eugene 541-790-4445 (Eugene 4J students and siblings under 19)

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)

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)



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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

Emergence 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)



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SUPPORT GROUPS

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

Oregon Family Support Network: 541-342-2876; brooked@ofsn.net

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

SUICIDE BEREAVEMENT SERVICES

In-Person Services

Suicide Bereavement Group: 541-747-2087 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; 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

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

Suicide Is Different: suicideisdifferent.org

Mental Health America: mentalhealthamerica.net

Mind Your Mind Project: www.facebook.com/MindYourMindProject

National Council for Behavioral Health: thenationalcouncil.org

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

National Suicide Prevention Lifeline: suicidepreventionlifeline.org

Substance Abuse and Mental Health Services Administration: samhsa.gov

Suicide Prevention Resource Center: sprc.org

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



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