

# Warm Springs

## Mental Health Resources

*no hay recursos específicos en español en Warm Springs*



### MENTAL HEALTH RESOURCES

<b>Warm Springs Community Counseling</b>	541-553-3205 1233 Veterans St.	Mental health, substance abuse and crisis services at no charge. Phone line staffed 24/7.
<b>Strong Hearts Native Helpline</b>	844-762-8483 <a href="http://strongheartshelpline.org">strongheartshelpline.org</a>	Anonymous domestic and sexual violence helpline. Phone line staffed 24/7.
<b>We R Native (for youth)</b>	Text NATIVE to 741741 or call 988 <a href="http://strongheartshelpline.org">strongheartshelpline.org</a>	Free, 24/7 counseling support for youth, text or call with any 'mind, body or spirit' questions and a Relative can assist with good medicine
<b>NAMI Central Oregon</b>	<a href="http://www.namicentraloregon.org">www.namicentraloregon.org</a> (541) 316-0167 (9am - 5pm) <a href="mailto:info@namicentraloregon.org">info@namicentraloregon.org</a>	Support groups, educational classes, outreach

### COUNSELING OPTIONS (OHP)

*\*more options may be available w/ internet search*

<b>St. Charles Healthcare</b>	541-475-3882
<b>Brightways Counseling</b>	541-904-5216
<b>Life Works of Central Oregon</b>	541-382-8862

# County-wide Mental Health Resources

## Recursos de salud mental en todo el condado

**\*hotlines/warmlines that offer services without mandatory reporting**  
*\*líneas directas/líneas de atención que ofrecen servicios sin notificación obligatoria*

NAME	CONTACT INFO	HOURS	SERVICES PROVIDED
<b>National Suicide Prevention Hotline</b>	988	24/7	Crisis support
<b>Crisis Text Line</b>	Text: HOME to 741741	24/7	Immediate texting with a crisis counselor
<b>Friendship Line</b>	800-971-0016	24/7	Crisis line for people 60+ or people with disabilities
<b>NAMI Oregon Helpline</b>	800-343-6264	Mon- Fri 9am-5pm	Referral, information, and support
<b>Oregon Youth Line</b>	877-968-8491 Text: teen2teen to 839863	Adults 24/7 Teens 4-10pm	Confidential teen-to-teen crisis and helpline
<b>The Trevor Project</b>	866-488-7386 Text: START to 678678	24/7	Suicide prevention services to LGBTQ youth under 25
<b>Veterans Crisis Line</b>	800-273- 8255 (press 1) Text: 838255	24/7	Confidential crisis support to Veterans
<b>Lines for Life</b>	linesforlife.org	24/7	Peers support for adults and teens in crisis
<b>Blackline*</b>	800-604-5841 text or call	24/7	Support, counseling, reporting for Black, Indigenous + People of Color
<b>Trans Lifeline*</b>	877-565-8860	24/7	Trans peer support
<b>Wildflower Alliance*</b>	888-407-4515	Mon-Thurs 4- 6pm Fri- Sun 4- 7pm	Support for anyone looking to connect with someone who has first-hand experience with trauma/addiction/etc.

### RECURSOS EN ESPAÑOL

NOMBRE	DATOS DE CONTACTO	HORAS DISPONIBLE	SERVICIOS PRESTADOS
<b>Línea Directa Nacional de Prevención del Suicidio</b>	988	24/7	Apoyo en crisis
<b>Línea de crisis por texto</b>	Textea AYUDA para Espanol	24/7	Mensajes de texto inmediato con un consejero de crisis.
<b>Alianza de flores silvestres*</b>	888-407-4515	Lunes - Jueves 4- 6pm Viernes - Domingo 4- 7pm	Apoyo para cualquier persona que busque conectarse con alguien que tenga experiencia de primera mano con trauma/adicción/etc.