



MENTAL HEALTH

WARM SPRINGS

no hay recursos específicos en español en Warm Springs

MENTAL HEALTH RESOURCES

Warm Springs Community Counseling	541-553-3205 1233 Veterans St.	Mental health, substance abuse and crisis services at no charge. Phone line staffed 24/7.
Strong Hearts Native Helpline	844-762-8483 strongheartshelpline.org	Anonymous domestic and sexual violence helpline. Phone line staffed 24/7.
We R Native (for youth)	Text NATIVE to 741741 or call 988 strongheartshelpline.org	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
NAMI Central Oregon (National Alliance on Mental Illness)	info@ namicentraloregon.org 541-316-0167 namicentraloregon.org	NAMI helps people connect and learn about mental illness. Free support groups and classes for individuals and their loved ones. Trained volunteers lead groups and classes.

COUNSELING OPTIONS (OHP)

*more options may be available w/ internet search

St. Charles Healthcare	541-706-2768 - ask to schedule with Behavioral Health
Brightways Counseling	541- 904-5216 contactus@brightwayscounseling.com
Life Works of Central Oregon	541- 382-8862 - Based in Bend, Telehealth options offered
Charlie Health Online, Intensive outpatient services for teens and adults	charliehealth.com (866)-805-5055

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
National Suicide Prevention Hotline	988	24/7	Crisis support
Crisis Text Line	Text: HOME to 741741	24/7	Immediate texting with a crisis counselor
Friendship Line	800-971-0016	24/7	Call line people 60+ or people with disabilities
NAMI Oregon Helpline	541-316-0167 Text: 62640	Voicemail line	Referral, information, and support
Oregon Youth Line	877-968-8491 Text: teen2teen to 839863	Adults 24/7 Teens 4-10pm	Confidential teen-to-teen crisis and helpline
The Trevor Project	866-488-7386 Text: START to 678678 Also live chat online: thetrevorproject.org/	24/7	Suicide prevention services to LGBTQ youth under 25
Veterans Crisis Line	Dial 988 (Press 1) or text 838255	24/7	Confidential crisis support to Veterans
Lines for Life	linesforlife.org 988	24/7	Many different support lines
Blackline*	800-604-5841 text or call or add App	24/7	Support, counseling, reporting for Black, Indigenous + People of Color
Trans Lifeline*	877-565-8860	24/7	Trans peer support
Wildflower Alliance*	888-407-4515 <i>(do not leave a voicemail)</i>	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
Línea Directa Nacional de Prevención del Suicidio	988	24/7	Apoyo en crisis
Línea de crisis por texto	Textea AYUDA a 988	24/7	Mensajes de texto inmediato con un consejero de crisis.
Alianza de flores silvestres*	888-407-4515 <i>(no dejes un mensaje de voz)</i>	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.
NAMI - Todo el grupo de apoyo de Oregon	namior.org/suppourt-groups/	Miércoles 7-8:30pm	Un grupo de apoyo para la recuperación de cualquier adulto que viva con los retos asociados con una enfermedad mental.