

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)

Trevor Lifeline: 1-866-488-7386 (for LGBTQ youth)

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

COUNSELING

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

Direction Service Counseling: 541-344-7303

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

Looking Glass Counseling Program: 541-484-4428

Odyssey Community Counseling: 541-741-7107

Options Counseling: 541-687-6983*; 541-997-6261 (Florence); 541-762-1971 (Springfield)

Oregon Community Programs: 541-743-4340

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

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

White Bird Clinic: 541-342-8255

Willamette Family: 541-343-2993 (services for mental health & substance abuse disorders)

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

*Spanish-speaking staff available

SUPPORT GROUPS

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

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

Florence 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: 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

Grief Support Group: 541-726-4478
Free weekly general bereavement support group at McKenzie Willamette Medical Center

Bereavement Support Group: 541-242-8753
Free general bereavement support groups at Sacred Heart Medical Center

GENERAL WEBSITES

Now Matter Now: nowmattersnow.org

Suicide Is Different: suicideisdifferent.org

Mental Health America: mentalhealthamerica.net

Mind Your Mind Project: mindyourmindproject.org

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



Suicide Prevention
Coalition of Lane County