

Crisis and Immediate Support for Students and Families

If you or someone you know is experiencing a mental health crisis or in need of immediate support, please reach out to one of the following resources:

- [988 Suicide & Crisis Lifeline](#) – Call or text 988 (available 24/7)
- **Douglas County Crisis Line** (operated by [Adapt](#)) – 541-440-3532 (available 24/7)
- [SafeOregon Tip Line](#) – Call or text 844-472-3367
- [YouthLine](#) (teen-to-teen help line) – Text teen2teen to 839863 or call 877-968-8491

Douglas County Community Mental Health Resources

For a more comprehensive list of local behavioral health providers in Douglas County, please refer to the [Umpqua Health Alliance Provider Directory](#).

[YouthLine](#) (teen-to-teen help line)

Peer and adult support for youth experiencing stress, emotional pain, or crisis.

Call: 877-968-8491 | **Text:** teen2teen to 839863

Community Mental Health Providers

[Adapt Integrated Health Care](#)

Comprehensive community mental health and substance use services for youth, adults, and families. Includes outpatient counseling, crisis response, and youth/family therapy.

Phone: 541-440-3532

[Aviva Health](#)

Individual and family therapy for children, adolescents, and adults.

Phone: 541-672-9596

[Bridges Community Health](#)

Integrated health and behavioral services supporting youth and adults.

Phone: 541-255-1411

[Common Ground Consultation](#)

Counseling and consultation for children, families, and schools.

Phone: 541-337-1483

Core Dynamics Counseling

Provides individualized mental health counseling using eclectic therapeutic methods to help clients transform negative thought patterns and achieve positive life outcomes.

Cow Creek Health & Wellness Center

Behavioral health services for youth, adults, and families, including therapy and support programs. Open to tribal and non-tribal community members.

Phone: 541-677-8533

Douglas CARES

Comprehensive assessment, advocacy, and therapy services for children and families impacted by abuse or trauma.

Phone: 541-957-5646

Evergreen Family Medicine

Integrated behavioral health services within primary care settings for children, teens, and adults.

Phone: 541-677-7200

FARA (Family and Relationship Advocates)

Counseling and advocacy for individuals, couples, and families.

Phone: 541-229-0510

Family Development Center

Parent education, early childhood programs, and family support services.

Phone: 541-673-4354

Juniper Tree Counseling

Therapeutic services for children, adolescents, and families, with a focus on play therapy, trauma recovery, and emotional regulation.

Phone: 541-900-1506.

Second Wind Mental Health

Counseling and mental health support for youth, adults, and families.

Specializes in trauma-informed therapy and skill-building approaches.

Phone: 541-679-4821

Tougas Therapy Services

Provides individual, family, and couples counseling for children, teens, and adults.

Phone: 541-357-8346

Umpqua Family Therapy

Individual, couples, and family counseling services for all ages.

Phone: 541-900-1839

Valley View Counseling

Offers counseling services for children, adults, and families focusing on coping skills and life transitions.

Phone: 541-673-3985

Gentle Breeze

Therapy services for youth and adults focusing on trauma, anxiety, and emotional regulation.

Phone: 541-236-2880

Alive Holistic Counseling

Therapy and holistic mental health services focusing on mind-body wellness and trauma-informed care.

Phone: 541-357-3248

True Hope Counseling Services

Counseling for children, adults, and families with a focus on hope, healing, and skill development.

Phone: 541-919-6108

Umpqua Counseling

Outpatient therapy for children, adolescents, and adults addressing a wide range of mental health needs.

Phone: 541-671-8137

Turning Leaf Wellness Center

Offers therapy, wellness coaching, and behavioral health services for youth and adults.

Phone: 541-817-5580

National Mental Health & Support Resource Repositories

For anonymous, free, or sliding-scale mental health support, please consult the following national resource hubs. These links are provided for informational purposes only.

Douglas ESD does not endorse or recommend any specific providers, organizations, or services.

SAMHSA

A U.S. government directory of mental health and substance-use treatment services nationwide, maintained by the Substance Abuse and Mental Health Services Administration.

National Institute of Mental Health (NIMH)

Authoritative information on mental health conditions, downloadable fact sheets, and guidance on how to find help and support.

National Alliance on Mental Illness (NAMI)

A national nonprofit offering education, support, and information about mental health, including helpline services and connections to support groups.

Mental Health First Aid USA

A hub of crisis and mental health support resources, national hotlines, and educational materials connected to the Mental Health First Aid training program.

The Mental Health Coalition

A searchable library of mental health information, coping tools, and guides for a variety of identities and experiences.

Mental Health Digital Resource List

A comprehensive digital resource list of mental health support tools, including crisis lines, information hubs, and supportive services.