



CROOK COUNTY HEALTH DEPARTMENT MENTAL HEALTH RESOURCES

UPDATED: JUNE 2024

CRISIS LINES

A crisis line can help if you or someone you know is experiencing:

- Feelings of hopelessness
- Worry you might hurt yourself or someone else
- Have means to hurt yourself or someone else
- Have attempted suicide or hurt yourself in the past

You are not alone, and you do not need to go through this alone.

SUICIDE & CRISIS LIFELINE

Call or text: 988
Veterans Call: 988 and Press 1

YOUTHLINE

Call: 877-968-8491 or text "teen2teen" to 83983

TRANS LIFELINE

Call: 877-565-8860 (Limited Operating Hours) (Non- Emergency)

THE TREVOR PROJECT (LGBTQ+ YOUTH)

Call: 866-488-7386 or text: "START" to 678678

OREGON CRISIS TEXT LINE

Text: "HOME" to 741741 to reach a Crisis Counselor

24-HOUR CRISIS STABILIZATION CENTER

Call: 541-585-7210 (non-emergency)
Located: 63311 Jamison Street, Bend (walk-ins welcome)



BESTCARE

Walk-in Times:

Tuesday, Wednesday, Friday: **1:00pm & 1:30pm**
Thursday: **9:00AM & 9:30AM**

Please arrive 45min before the walk-in times above.

Call: 541-323-5330

PRINEVILLE COUNSELING CENTER Call: 541-416-3697

ST. CHARLES HEALTH SYSTEM Call: 541-516-3890

IMAGINE FREEDOM Call: 541-504-7535

RIMROCK TRAILS Call: 541-447-2631

H.O.R.S.E.S Email: HORSEsontheRanch@gmail.com

THE SHIELD Call: 541-390-3133

Provides free mental health services for Central Oregon veterans and first responders

THERAPY

If you are not currently experiencing a crisis but feel like you might benefit from mental health support, then therapy resources could help.

The listed therapy resources offer individual, group, and family sessions. These sessions are individualized to your mental health needs, which include but are not limited to support for depression, anxiety, PTSD, eating disorders and body dysmorphia, gambling, and addiction recovery.

OTHER RESOURCES

Crook County Health Department
Website:



www.co.crook.or.us/health

CROOK KIDS CLINIC (AGES 0-18)

Provides free health care for school aged youth from ages 0-18.

There are mental health and medical providers present from 8am-5pm (Mon.-Fri.)

Schedule an appointment: 541-383-3005

NAMI FAMILY-TO-FAMILY

Free educational trainings for families, significant others, and friends of people with mental health conditions.

Visit: www.nami.org/Support-Education/NAMI-Family-to-Family



CROOK COUNTY HEALTH DEPARTMENT OTHER RESOURCES

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ADDICTION RESOURCES

Whether its tobacco, alcohol, obtained/prescribed opioids or gambling, addiction can come in many forms and be hard to go through on your own.

Often times its helpful to have a support system when you are overcoming an addiction or helping someone else overcome one.

OREGON REHAB HOTLINE

Call: 800-923-4357

NATIONAL REHAB HOTLINE

Call: 866-210-1303

SAMHSA'S NATIONAL HELPLINE

Call: 1-800-662-HELP (4357)

SMART RECOVERY

Online directory of online and in-person meetings in your area

ALCOHOL AWARENESS.ORG

Call: 855-955-0771

BESTCARE

Call: 541-323-5330 (Free Problem Gambling Counseling)

RIMROCK TRAILS

Call: 541-447-2631



OREGON PROBLEM GAMBLING RESOURCE

Free and confidential support
Call or text: 877-MY-LIMIT
Chat online: www.opgr.org

MILITARY HELPLINE

Call: 888-457-4838

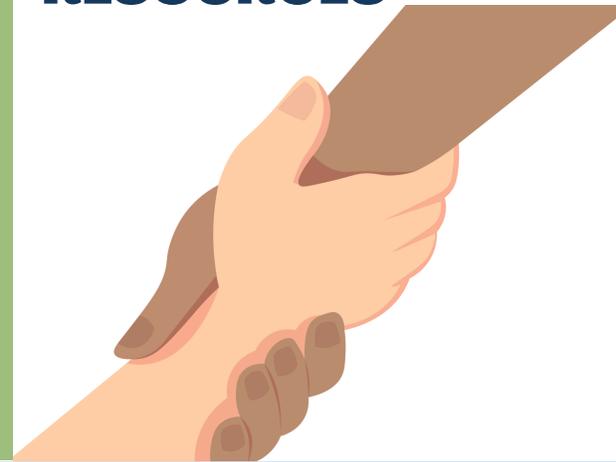
REPORT ABUSE OF A CHILD OR VULNERABLE ADULT

Call: 855-503-SAFE (7233)

NATIONAL DOMESTIC VIOLENCE HOTLINE

Free and confidential support 24/7
Call: 800-799-SAFE (7233)
Text: "START" to 88788
Chat online: www.thehotline.org

OTHER RESOURCES



UPCOMING EVENTS

Follow our Facebook page to stay the most up to date on current events:



www.facebook.com/CrookCountyHealthDepartment/

DECEMBER 2023

- Food Truck

Date & Time: Every 2nd & 4th Thursday of the month, 2-3:30pm
Location: Trailer located outside Mosaic Medical on Beaver St. Prineville