

Lane County Mental Health & Suicide Prevention Resources

CRISIS

911: Imminent danger to self or others

CAHOOTS (Crisis Assistance Helping Out On the Streets): 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

Mental Health 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

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)

4J School-Based Health Centers (residents of 4J area, including siblings under 19):

Churchill 541-790-5227, N. Eugene 541-790-4445

Bethel School District Mental Health Services: 541-607-1430 (Bethel district students only)

Springfield Schools Health Center: 541-682-3550*(Springfield district students and their family members)

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)

*Spanish-speaking staff available

Over →

SUPPORT GROUPS

For information on various support groups offered in Lane County, contact the following:
National Alliance on Mental Illness (NAMI) Lane County: 541-343-7688; www.namilane.org
www.211info.org or dial 211

SUICIDE BEREAVEMENT SERVICES

Suicide Bereavement Group: 541-747-2087 (Darlene Baker); www.jenniferbakerfund.org
Free monthly support group in Springfield for survivors of suicide loss
Courageous Kids: 541-242-8693
Eight-week Suicide Loss Support Group for youth and their families
American Foundation for Suicide Prevention: <https://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

Mental Health America: www.Mentalhealthamerica.net
Mind Your Mind Project: www.mindyourmindproject.org
National Council for Behavioral Health: www.thenationalcouncil.org
National Institute of Mental Health: <http://www.nimh.nih.gov/health>
National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org
QPR Institute: www.qprinstitute.com
Substance Abuse and Mental Health Services Administration: www.samhsa.gov
Suicide Prevention Resource Center: www.sprc.org

For additional resources and information go to:



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