

## CENTRAL OREGON COMMUNITY RESOURCES

(updated as often as possible; some resources/numbers may not be current)

### **Mental Health Services**

**Deschutes County Behavioral Health:** (information and appointments) 541-322-7500

**Deschutes County Crisis Line:** (24 hour crisis support) 541-322-7500 ext. #9 or call 9-1-1

**Trevor Project:** suicide prevention and crisis intervention for LGBTQ+ 866-488-7386 (24 hr)

**Lutheran Community Services:** (Prineville) 541-323-5330

**New Priorities Family Services:** (Individual and Family Counseling) 541-923-2654

**Brightways Counseling Group:** (Individual and Family Counseling) 541-904-5216

**St. Charles Behavioral Health:** (initial appointment) 541-706-2768

### **Central Oregon 2-1-1**

[www.deschutesunitedway.org](http://www.deschutesunitedway.org)

Make one call to connect to a wide-range of social services. Dial 2-1-1 or 1-866-698-6155

### **Thrive Central Oregon**

[www.thrivecentraloregon.org](http://www.thrivecentraloregon.org)

Help with housing, financial insecurity, and other resources. 541-728-1022 (*Se Habla Español*)

### **Jericho Road**

[www.jerichoroadofredmond.org](http://www.jerichoroadofredmond.org)

Serves a hot meal Monday through Thursday at 205 NW 4th St (4th and Birch) at 5:00pm and provides housing/rental/emergency assistance. 541-699-2099

### **Bethlehem Inn**

[www.bethleheminn.org](http://www.bethleheminn.org)

Emergency shelter and food for adults and families 541-389-2820

### **Family Resource Center of Central Oregon**

[www.frconline.org](http://www.frconline.org)

Nonprofit offering a variety of parental education services throughout the region 541-389-5468

### **Latino Community Association (LCA)**

[www.latca.org](http://www.latca.org)

With offices in Bend, Redmond and Madras, LCA provides information and referrals to resources in the community, translation/interpretation, employment services, dental and legal clinics and support solving problems and achieving goals. 541-382-4366 (*Se Habla Español*)

### **L.I.N.C. Madras**

[www.lincmadras.org](http://www.lincmadras.org)

Provides information and referrals to faith-based services such as food, clothing, and transportation 541-475-4446

### **NeighborImpact**

[www.neighborimpact.org](http://www.neighborimpact.org)

Provides resources for food, energy assistance, shelter and home ownership. 541-548-2380

### **Saving Grace**

<https://www.saving-grace.org/>

Saving Grace provides comprehensive family violence and sexual assault services and promotes the value of living life free from violence. Domestic violence support and hotline: 541-389-7021

### **WIC (Women, Infants, Children)**

Provides nutrition education, breastfeeding support and education, referrals and food vouchers for pregnant, postpartum women and children ages 0-5.

- Crook County Health Department: 541-447-5165
- Deschutes County Health Department
  - (Bend): 541-322-7400 (Redmond): 541-317-3149 (LaPine): 541-322-7400
- Jefferson County Health Department: 541-475-4456