

Youth Suicide Prevention Resources

For Immediate Help

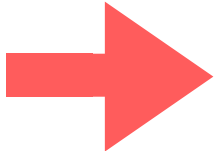
- Oregon YouthLine: a free, confidential teen-to-teen support, crisis and help line. Supervised youth Peer Crisis Intervention Specialists are available from 4-10pm daily, adults are available by phone at all other times.

***Text** option: text "teen2teen" to 839863

***Call** option: call 1-877-968-8491

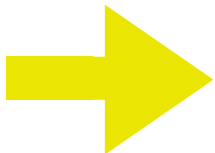
***Chat and Email** option: OregonYouthLine.org

- Deschutes County 24-Hour Crisis Line (541) 322-7500
- National Suicide Prevention Lifeline 1-800-273-TALK (8255)
- 911



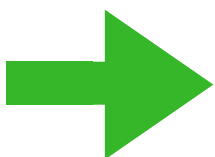
For Ongoing Support

- Minors aged **14 or older** can see a counselor for mental health services without parental consent.
- Deschutes County Behavioral Health (541) 322-7500
- Counselors are available at schools and School-Based Health Centers. Please call the closest clinic to make an appointment.



For More Information

- OregonYouthLine.org (resources for teens)
- TheTrevorProject.org (crisis intervention and resources for lesbian, gay, bisexual, transgender, and questioning young people ages 13-24)
- ReachOut.com (resources for teens)



THE WARNING SIGNS

- Talking about hurting themselves
- Making plans for suicide
- Expressing severe distress, hopelessness, and/or withdrawing from others
- Displaying worrisome behavior

HOW TO HELP

- Ask if they are having thoughts of suicide.
- Listen thoughtfully, without judgment.
- Let them know that you care and they have been heard.
- Help them find assistance through a trusted adult and/or one of the resources above.



Deschutes County Health Services Mission:
To Promote and Protect the Health and Safety of our Community.

To request this information in an alternate format please call (541) 322-7456 or send an email to kelby.christ@deschutes.org.

