

Counseling Services for Families and Individuals who are Uninsured:

BBR Counseling Services| 833 Anderson Avenue, Suite 6, Coos Bay, OR 97420
(Telemed services available| Ph: (541) 255-1600

BBR Counseling is a non-profit organization in Coos Bay that offers telemedicine and in person counseling for children 6-10yrs of age, adolescents, adults, and families. This group of counselors has experience working with a variety of mental health challenges and works with families and individuals to agree on a copayment cost that is affordable for the family.

Benton County Mental Health| 530 NW 27th St, Corvallis, OR 97330| Ph:
541-766-6835

Benton County Mental Health offers a counselor of the day service in which a child, adolescent, or adult can receive walk-in counseling services for coping skills, crisis management, and safety planning.

Support Services for Families:

Oregon Family Support Network| 833-732-2467 M-F 12-7| <https://ofsn.org/>

OFSN is a non-profit organization dedicated to supporting families who are raising young people with complex needs. OFSN is assembled of families and youth working together to promote mental, behavioral and emotional wellness for other families and youth through education, support and advocacy.

The warm line is a non-crisis line for families to call and receive support regarding challenges of raising children with complex needs. Phone check-ins can provide both peer support and resources available in the community including crisis planning and developing a safety plan. Additionally, the Oregon Family Support Network offers trainings' for families including collaborative problem solving parent groups and "navigating the tough stuff."

Crisis and Support Phone Numbers:

Suicide Prevention Hotlines:

National Suicide Prevention Hotline: 1-800-273-8255

The National Suicide Prevention Hotline fields calls 24/7 for anyone with suicidal thoughts or who are in crisis. They offer help for Spanish-speakers and anyone who is deaf or hard of hearing.

YouthLine: Text teen2teen to 839863, or call 1-877-968-8491

YouthLine provides a safe space for children and adults ages 11 to 21, to talk through any issues they may be facing, including eating disorders, relationship or family concerns, bullying, sexual identity, depression, self-harm, anxiety and thoughts of suicide.

Benton County Crisis Line: Text OREGON to 741741 or Call 1-888-232-7192

24/7 confidential crisis counseling.

Child Abuse and Neglect:

The Oregon Child Abuse Hotline: Call 1-855-503-SAFE (7233)

Report child abuse to the Oregon Child Abuse Hotline by calling 1-855-503-SAFE (7233). The Oregon Child Abuse Hotline receives calls 24 hours a day, 7 days a week, 365 days a year. This toll free number allows you to report abuse of any child or adult to the Oregon Department of Human Services.

The Childhelp National Child Abuse Hotline: Call or text 1-800-422-4453

Serving the U.S. and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who — through interpreters — provide assistance in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls, texts and chats are confidential.

Emergency Housing for Youth Aged 10-17

Jackson street youth program: 24 Hour hotline: 800-901-2904

We are accepting youth ages 10 – 17 into our shelters in Corvallis and Albany but are focusing only on homeless youth and those in immediate risk of abuse and homelessness. Families in need of respite can still be supported over the phone with regular check-ins. Masks will remain mandatory for shelter sites due to ages served.

Mental health support lines:

Peer support line: Teen Line: 1-310-855-HOPE (4673) or 1-800-TLC-TEEN (852-8336)

Teen Line offers teen-to-teen counseling services available between 6 p.m. and 10 p.m. PST. Callers can talk to one of their peers about what they're going through and learn strategies that have helped other young people just like them. The service is also available by texting "TEEN" to 839863, as well as via email and message boards.

National Alliance on Mental Illness (NAMI) Helpline: 1-800-950-NAMI (6264)

The staff at NAMI are well-trained to answer questions on a wide range of mental health issues, including anxiety. Available Monday through Friday from 10 a.m. to 6 p.m. EST, this organization provides free information and referrals to treatment programs, support groups, and educational programs. NAMI also offers help for family members, information about jobs programs, and connections to legal representation in your area.

Panic Disorder Information Hotline: 1-800-64-PANIC (72642)

For many who experience panic attacks, it can be helpful to speak to someone who understands what they're going through during an attack. The compassionate staff at the panic disorder hotline can provide information about what happens during an attack and provide tips to help get through the attack. This number is available to those in crisis, as well as those who are just seeking more information about the disorder.

LGBTQ Support:

Trevor Lifeline: available 24/7 at 1-866-488-7386

*The Trevor Project- Provides crisis intervention and suicide prevention services for LGBTQ young people under age 25.

Trevor text- available daily; text START to 678-678 to message a Trevor counselor for support and crisis information.

Trans Lifeline: available 24/7; call: 1-877-565-8860

24/7 hotline available in the U.S. and Canada staffed by transgender people for transgender people. Trans Lifeline is primarily for transgender people in a crisis, from struggling with gender identity to thoughts of self-harm.

Eating Disorders:

National Eating Disorders Association: Text or Call 1-800-931-2237

Contact the Helpline for support, resources, and treatment options for yourself or a loved one. Helpline volunteers are trained to help you find the information and support you are looking for. Reach out today!

Text line available: Monday-Thursday 12pm-3PM PST

Phone line available: Monday-Thursday 8am-6pm PST Friday 8am-2pm

Holiday closures: <https://www.nationaleatingdisorders.org/help-support/contact-helpline>

National Association of Anorexia Nervosa and Associated Disorders: Call:
1-630-577-1330

Currently serving people in the United States, the hotline operates Monday–Friday from 9 a.m.–5 p.m. CST, with plans for a 24/7 hotline coming soon. Trained hotline volunteers offer encouragement to those having problems around eating or bingeing, support for those who “need help getting through a meal,” and assistance to family members who have concerns that their loved one might have an eating disorder.

Bullying and Cyberbullying:

STOP BULLYING NOW HOTLINE (USA) call: 1-800-273-8255

Helpline set up by U.S. Department of Health and Human Services
Available 24/7

Addiction Hotlines:

Teen Line: This hotline is available every day from 6PM-10PM Pacific Standard Time for teenagers to get help for teen addiction.

310-855-HOPE (4673)

800-TLC-TEEN (852-8336)

Boys Town Hotline: Teens of any gender identity and parents can call this hotline 24/7 for help with teen addiction.

800-448-3000

Substance Abuse and Mental Health Services Administration (SAMHSA): Call 800-662-HELP (4357)

This helpline is available 24/7 and specializes in both substance abuse issues and mental health conditions in both teens and adults

Partnership for Drug-Free Kids: Call: 855-378-4373 or text a message to 55753

This helpline is a great resource for family members concerned about their teen's addiction. It is only available at certain times but they respond within 24 hours.

Schizophrenia and Psychosis:

National Alliance on Mental Illness (NAMI): Call 1-800-950-6264

Available Monday through Friday from 10 a.m. to 6 p.m. EST, the NAMI helpline staff can answer a variety of questions about mental health disorders, treatment, support groups, and education, and can also refer you to vocational support and legal services if needed.

Online Resources: <http://www.hearingvoicesusa.org/resources>