

Emotional Support & Safety

CENTRAL OREGON | A place to begin, at your own pace

You do not have to carry everything alone.

Whether today feels lonely, frightening, exhausting or simply too much, you deserve support. Start with what you need now. The rest can wait.

You do not have to be suicidal to contact 988.

The 988 Suicide & Crisis Lifeline supports people experiencing emotional distress of any kind. You can reach out about feeling overwhelmed, grief, anxiety, relationship stress or a mental health crisis.

Call 988 | Text 988 | Chat online

You can begin with: “I am having a hard time, and I need someone to talk with.”

Immediate physical danger or a medical emergency? Call 911. For emotional support, begin with 988 or the resources below.

Find what fits today

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Someone to talk with

Connection can begin before things become a crisis

David Romprey Oregon Warmline

Peer support | 1-800-698-2392 | 24 hours, every day

Talk with a trained peer who brings lived experience of difficult emotions and life challenges. The provider describes its support as nonjudgmental and confidential. No appointment is needed. A warmline offers conversation and connection; it does not replace emergency response.

Learn about the Oregon Warmline >

NAMI Central Oregon | Peer & family groups

Free local mental health support groups

Find peer-led spaces for people experiencing mental health challenges and support for family members or loved ones. Check the current calendar for locations, online options and registration. A group is a connection resource, not an urgent-response service.

Find a current support group >

Partners In Care | Grief support

Central Oregon | 541-382-5882

Ask about grief counseling, classes and groups for adults and children. The team can explain which services are open to the community, any cost, and whether registration is needed. You do not need to know what to say before asking about support.

Explore grief support and current groups >

If words are hard to find

“I do not need you to fix this. Could you listen for a few minutes?”

“I have been feeling isolated. Could you help me find a group?”

“I am not sure what kind of help I need. Can we start there?”

You may ask any service about privacy, who answers, and what happens if they are concerned about your safety. Privacy practices and legal reporting duties differ by service.



Care close to home

Deschutes, Crook & Jefferson counties | Clinical care and access

Deschutes County Stabilization Center

Walk-in crisis care | Open 24/7

63311 NE Jamison Street, Bend, OR 97703. The county offers crisis assessment, support and referrals. Oregon Health Plan coverage is not required. This is a behavioral health crisis facility, not an emergency housing shelter.

View walk-in care and arrival information >

BestCare | Crook County Mental Health

Prineville | Office: 541-323-5330

1059 NW Madras Highway. Counseling, assessments, case management and psychiatric services for children, families and adults. Call about intake, cost, coverage and urgent care options. This office number is not presented here as an after-hours crisis line.

Find Crook County services >

BestCare | Jefferson County Mental Health

Madras | Office: 541-475-6575

850 SW 4th Street, Suite 302. Community mental health services for children, families and adults. Ask about appointments, insurance, fees and available support. For emotional crisis support outside office access, use 988 on page 1.

Find Jefferson County services >

Mosaic Community Health

Regional clinics | Appointments: 541-383-3005

Ask about behavioral health care, the right clinic for your needs and how to establish care. Mosaic offers a sliding-scale discount program for eligible patients. Coverage, appointment availability and fees need to be confirmed with the clinic.

Explore behavioral health care >

For Sisters, La Pine and smaller or rural communities, ask your county provider about your service area, remote appointments and transportation needs. Tell the team if traveling to an office is difficult.



Support with relationship safety

You can ask for help even when you are unsure what to call it

Saving Grace | Central Oregon

24-hour survivor helpline: 541-389-7021

Support for intimate partner violence, sexual assault and stalking. Advocates can discuss options, safety planning, referrals and access to emergency safe shelter. Ask for an interpreter if needed. You can call to talk about concerns without having every next step decided.

Connect with a Saving Grace advocate >

National Domestic Violence Hotline

Call 1-800-799-7233 | Text START to 88788 | 24/7

Free, confidential relationship-abuse support by phone, text or live chat. On the website, choose a live advocate when you want human support. Ask about a plan that fits your situation, including children, pets, mobility needs and safe communication.

Reach a live advocate >

StrongHearts Native Helpline

Call 1-844-762-8483 | 24/7

Free, culturally responsive domestic and sexual violence support for Native Americans and Alaska Natives. The provider describes its service as confidential and anonymous. Chat and text access are also listed on the website.

Explore Native survivor support >

If your device or accounts may be monitored

Consider using a safer device or a trusted person's phone. Private browsing and an exit button do not erase all traces. A downloaded guide, shared account, call log or notification may be visible to someone else. An advocate can help you think through safer ways to connect.

Read technology safety information

If you are in immediate physical danger, call 911 when you can do so safely. You do not have to confront someone or announce a plan in order to seek support.



Young people & families

Support for growing up, caring for others & becoming a parent

The Drop | Bend & Redmond

Deschutes County | Ages 14-27

A supportive space for peer connection, activities and practical resources. The county page lists each location and schedule; check before visiting. Bend information: call or text 541-749-7598. Some related programs have separate enrollment rules.

Check locations, ages and current hours >

Postpartum Support International | Online groups

Free groups | Pregnancy, postpartum & loss

Explore peer support for pregnancy and postpartum emotional challenges, pregnancy or infant loss, and parenting after loss. Groups meet online; registration and a platform account may be needed. Read each group's audience and participation guidelines. These are not emergency services.

Find a group and register >

Family Resource Center | Parenting support

Central Oregon | 541-389-5468

Free parenting education and workshops for caregivers of children of different ages, including teens. Ask about current online or in-person options. You can seek parenting support while also receiving individual mental health care.

Explore parenting groups and classes >

Mosaic | School-based health centers

Children from birth through age 18 | 541-383-3005

Pediatric services include behavioral health support. Children do not have to attend the host school to receive services. Call to ask which location fits, how to arrange care, and what insurance or fees apply.

Find a school-based clinic >

For parents in recovery, see page 7. For small ways to support children after frightening events, see page 9.



A place to belong

Identity, language, disability & caregiving matter when finding support

OUT Central Oregon

Local LGBTQ+ community connection

Explore community gatherings, resources and ways to connect with LGBTQ+ people and allies. Check each activity's age guidance, accessibility and cost. This is a community connection resource, not a crisis service.

Explore local community connections >

PFLAG | Family, ally & LGBTQ+ support

In-person and virtual peer support

Use the chapter and virtual-meeting directories to find an appropriate group. Ask about registration, age requirements and who the meeting is intended for.

Find PFLAG support >

Latino Community Association

Bilingual mental health provider directory

Find Spanish- and English-speaking providers serving Central Oregon, with specialties, insurance information and contact details. Confirm current availability and cost directly with the provider.

Browse bilingual care options >

Central Oregon Disability Support Network

Family and peer connections | 541-548-8559

Connect with people who have personal or family experience of disability. Ask about peer support, resource navigation and family activities. Check any registration or fees for specific programs.

Connect with the support team >

Council on Aging of Central Oregon

Older adults, family caregivers & loved ones

Explore caregiver support, Caring Connections, community dining and resource navigation. Contact the Help Desk to ask about eligibility and the options closest to you.

Find caregiver and older-adult resources >



Recovery & connection

Support can include your emotional wellbeing, your recovery and your family

Parents Helping Parents | Parenting in Recovery

Free weekly Zoom group | Register for the meeting link

For parents managing their own alcohol or substance use recovery while raising children. Topics include stress, parenting and rebuilding trust. Register through the host to receive the Zoom link. Confirm the meeting time in your own time zone.

Register to receive the Zoom link >

SMART Recovery | Meeting finder

Free mutual support | Online and in person

Search for meetings focused on changing addictive behaviors. Trained volunteers facilitate meetings. Read each listing for its audience, format and access instructions; confirm the time zone before joining.

Find a recovery meeting >

SAMHSA | Treatment referral information

Mental health and substance use care

Use the national service page to find treatment-referral and information options in English and Spanish. This is a route to services, not ongoing counseling. Ask providers about insurance, costs and openings before arranging care.

Explore treatment-referral options >

When a hard day puts recovery under strain

Consider reaching out to a trusted recovery contact, peer, sponsor or treatment team. You can say: “Today feels harder than usual. Can we talk about getting through the next part of the day?”

A difficult day does not make you undeserving of support. If you feel emotionally overwhelmed, 988 is also an option. You do not have to be suicidal to use it.

Willow Branches also has a separate AA & NA Support guide. Peer groups and self-care can sit alongside professional treatment; they do not replace urgent medical care.



Gentle care for yourself

Choose one small thing. There is no checklist to finish.

Some days, care is a meal, a quiet song or asking someone to stay nearby. You do not have to turn a hard day into a productive one.

Make the next few minutes smaller.
Choose one manageable action: a sip of water, something easy to eat, or moving one task to another day. Regular food, hydration and rest can support wellbeing.

Find a little comfort where you are.
Sit or lie in a supported position if that feels better. Notice a familiar object, the light at a window or the texture of a blanket. You can keep your eyes open. Skip anything that increases discomfort.

Let rest count.
Lower the lights if you like, play familiar music, or take a quiet break. Movement is optional and can be adapted to your body and energy. There is no need to stand or walk to take part in this page.

Set one kind boundary.
“I cannot take this on today.” “I need a quieter evening.” “Can we come back to this tomorrow?” Choose wording that feels safe in your situation.

Ask for something specific.
“Could you bring a meal?” “Can you sit with me?” “Could you help me make one phone call?” Small, concrete requests can make it easier for someone to respond.

Make room for simple expression.
Color, draw, write a few words or listen to a song. You do not need to revisit painful memories or explain your feelings before you are ready.

These are optional comfort ideas, not a treatment plan. Self-care does not have to solve the situation. If distress persists, worsens or interferes with daily life, reach out for professional support; you can ask sooner, too.

Read NIMH guidance on caring for your mental health



One next step, together

Supporting children & making room for your own needs

After something frightening happens

Children may need simple explanations, familiar routines and chances to ask the same question more than once. Listen to what they are asking and give honest, age-appropriate answers. Avoid promises you cannot make.

Limit repeated exposure to upsetting images and news. Offer a choice: drawing, a familiar story, quiet company or talking. Let them set the pace. Ask a school counselor, pediatrician or mental health professional for support when changes in sleep, behavior or daily functioning concern you.

NCTSN: Helping children with traumatic-event media coverage

NAMI: Community resources following the Silver Rail tragedy

The NAMI collection includes time-sensitive offerings. Check dates and registration before attending; older events may remain on the page.

A small support plan for today

One person or service I can contact: _____

One practical thing I need help with: _____

One thing I can set down for now: _____

You can save a number, open one link, or ask someone you trust to sit beside you while you call. If the first service is not the right fit, ask where to try next.

You do not have to be suicidal to contact 988.

Call 988 | Text 988 | Chat online

Willow Circle shares this guide for community information. Listed organizations manage their own services, privacy practices, eligibility and availability. Willow Circle is not an emergency response service. Resource links throughout this guide lead to the sources used; details were checked October 26, 2026.