

Crisis Services

- Call 911 for any imminent danger to self or others
- [White Bird Clinic](#) 341 East 12th Eugene, Oregon 97501 **Phone:** (541) 342-8255
 - Crisis phone response is available 24 hours a day @ (541) 687-4000
- Mental Health Crisis Response Program: 1-888-989-9990 (for parents of children through age 17)
- [Hourglass Community Crisis Center](#) 71 Centennial Loop, Suite A, Eugene, OR 97401 ;(541) 505-8426
 - Open 24 hours a day, 7 days a week
- Looking Glass Youth & Family Crisis Line: 541-689-3111
- [National Suicide Prevention Lifeline](#): 800-273-8255 (press 1 for Veterans Crisis Line)
- Trevor Lifeline: 1-866-488-7386 (for LGBTQ youth)

Alcohol and Substance Abuse

- [Lane County Behavioral Health](#): 151 W. 7th Ave Rm 163 Eugene, OR 97401
Phone (541) 682-4464
- [Narcotics Anonymous](#), (541) 729-0080
- [National Alliance on Mental Illness of Lane County](#), (541) 343-7688

Counseling – Outpatient Mental Health

- Center for Family Development: 541-342-8437
- Centro Latino Americano: 541-687-2667 (bilingual Spanish-speaking staff available)
- 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 (for youth/families with OHP)

- Lane County Behavioral Health: 541-682-3608; Child & Adolescent Program: 541-682-1915 (youth/families 17 and under with OHP); screening & referral: 541-682-7585
- Looking Glass Counseling Program: 541-484-4428 (for youth 21 and under)
- Options Counseling: 541-687-6983 (youth & adults); 541-997-6261 (Florence); 541-762-1971 (Springfield)
- Oregon Social Learning Center: 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, North Eugene 541-790-4445
- Bethel School District Mental Health Services: 541-607-1498 (Bethel district students only)
- 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)

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. For other areas of Oregon outside of Lane County, visit sbsnw.org.

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
- Courageous Kids: 541-242-8693 – 8-week Suicide Loss Support Group for youth and their families
- Suicide Bereavement Group: 541-747-2087 – Free monthly support group in Springfield for survivors of suicide
- Grief Support Group: 541-726-4478–Free weekly support group at McKenzie Willamette
- Bereavement Support Group: 541-242-8753 –Free general bereavement support groups at Sacred Heart Medical Center
- Suicide Bereavement Support Group: sbsnw.org/our-locations (areas throughout Oregon)