



As we approach the holiday season and the impending transition into the new year, we look to the future through the lens of hope. Through the lens that while change is necessary and work will be required, good can and does exist. Through whatever peaks and valleys await us, we will grow and move forward together.

Hope is real. Help is real. We are in this together.

Mental Health Support: (Please call 911, if you or someone you know is in immediate danger)

- * **First Step App:** Downloaded on every iPad: download the app for FREE: *iPhone*- First Step. OR; *Android*- First Step Oregon
- * **Oregon Youth Line:** (877) 968-8491 Text: teen2teen-839863
- * **Crisis Text Line:** Text: ACT to 741741
- * **TrevorLife Crisis Line (LGBTQ+ Specific):** 1-866-488-7386
- * **National Suicide Hotline:** 1-800-273- TALK (8255)
- * **National Hopeline Network:** 1-800-442-HOPE (4673)
- * **Cascade Youth and Family Services** (homeless teens) (541) 382-0934: crisis hotline: 1-800-660-0934
- * **Safe & Strong Helpline:** 1-800-923-HELP (4357)
- * **Racial Equity Support Line:** (503) 575-3764
- * **Reach Out Oregon:** 1-800-REACH-OR (732-2467)
- * **Deschutes County Behavioral Health:** (541) 322-7500 **Crisis Line:** ext. 9
- * **Deschutes County Stabilization Center:**
- * **Mosaic Medical School Based Health Center (BSHS):** (541) 383-3005
- * **St. Charles Behavioral Health:** (541) 706-2768
- * **The Child Center:** (541) 728-0062
- * **Mental Health Directory:** <http://www.mentalhealthlistco.org/>

Basic Needs/Support:

- * **Holiday Brown Bag Meals:** 7 school sites will be open: Mon. 12/21 & 12/28, 11:30-1:00: including breakfast, lunch, & supper for 4 days, <https://www.bend.k12.or.us/district/parents/school-meals>
- * **Neighbor Impact:** www.neighborimpact.org (541)548-2380
- * **Deschutes County Community Resources:** <https://www.deschutes.org/health/page/community-resources-english>
- * **Bethlehem Inn (Bend):** www.bethleheminn.org (541)389-2820
- * **Latino Community Association (LCA):** www.latca.org (541)382-4366

Coping Skills/Supports Resources:

- * <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Winter Activities & Ideas:

- * [**Winter Scavenger Hunt**](#)
- * [**Winter Activities for the Whole Family**](#)
- * [**50 Get to Know You Questions \(That Won't Annoy Your Teen\)**](#)
- * [**101 Things To Do To Get Through The Moment**](#)