

Mental Health Check-in + Community Resources

[What is “mental health”?](#)

Mental health is the overall wellness of our emotions, thinking, and behaviors. When we are mentally well, we regularly practice our coping skills such as exercise, hygiene, talking with a friend, reading, spending time outside, drawing, and listening to music. This coping helps us manage normal stressors in life, like school and interpersonal conflicts, allowing us to function and contribute to our communities positively.

[Why is this important?](#)

As we head into the summer, there are many things that are changing: our routines, how often we see our friends, how we spend our time, etc. This transition can cause a range of emotions, affecting our thinking patterns and behaviors. To help you cope with the transition to summer, and to help you take care of yourself while you are away, we have compiled a list of resources for you! **Remember, you are never alone!!**

The following list of links are resources for you to support your mental health now and through the summer:

[How to care for your mental wellness, i.e. “Self-Care”](#)

[How to support yourself or others in a Mental Health Crisis](#)

[LGBTQIA+ resources](#)

[Black, Indigenous, Person of Color \(BIPOC\) resources](#)

[Sexual Assault/Abuse + Intimate Partner Violence resources](#)

[Other Mental Wellness Resources](#) (Central Oregon, Grief/Loss).

How to care for your mental wellness, i.e. “self-care”

Self-care is the regular, individual practice of doing things for yourself that help you to regulate your emotions and stress to maintain health and wellbeing.

Examples of self-care include going for a hike with a friend, cooking a nourishing meal, doing something creative, taking a bath, working with a mental health professional, saying “no”, asking for help, and/or forgiving yourself/practicing self-acceptance.



Healthy Coping Skill ideas:

- Practice deep breathing
- Squeeze a stress ball
- Clean / reorganize your space
- Bake or cook something
- Do something creative (sing, dance, draw, play)
- Go to a support group
- Arrange to not be alone OR spend quality time alone
- Spend time outside (hike, walk, bike, fish)
- Exercise
- Volunteer
- Spend time with trusted family or friends
- Listen to music
- Journal

How to support yourself or others in a mental health crisis



What is a “Mental Health Crisis”?

A **mental health crisis** is any situation in which a person’s behavior puts them at risk of hurting themselves or others and/or prevents them from being able to care for themselves or function effectively in the community. Many things can lead to a mental health crisis. Some examples of situations that can lead or contribute to a crisis include, home, work, or school stressors.

“First Step” app on your school issued iPad.

Youthline Crisis Support - Teen to Teen talk <https://oregonyouthline.org/>

Confidential teen-to-teen crisis help line. Teens present 4-10 pm daily, adults available all other times. Translation services available upon request. **Call:** 877-968-8491 **Text:** teen2teen to 839863

Deschutes County Stabilization Center

Serves individuals and families in crisis by providing short term mental health crisis assessment and stabilization.

Children and Adults in crisis who need a safe space.

<https://www.deschutes.org/health/page/crisis-services>

24 hour crisis line: 541-322-7500 ext. 9, non-emergency office: (541) 585-7210

National Suicide Prevention Hotline

24/7 hotline and chatroom for individuals thinking about suicide

All ages and situations considering suicide

<https://suicidepreventionlifeline.org/>

English: 1-800-273-8255, Spanish: 1-800-628-9454, Hard of hearing: online chat room

Deschutes County Crisis Line

24 hour crisis line through Deschutes County Behavioral Health

<https://www.deschutes.org/health/page/suicide-prevention>

(541) 322-7500 ext. #9

LGBTQIA+ resources **P**eople **R**especting **I**ndividuality **D**iversity **E**quality

Community Support

Trans Lifeline

This resource is a trans-led organizations that connects trans people to community, support, and resources.

The Trevor Project & Trevor Space

In addition to being a leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ people, The Trevor Project also provides education and additional resources on their website.

National Center for Transgender Equality

This website has many different resources for transgender people, and advocates the need for policy change to advance transgender equality.

Trans Student Educational Resources

In this website for transgender students there is information about various workshops and trainings as well as additional resources.

National Queer and Trans People of Color Network

National Queer and Trans People of Color Network offers a range of therapy options including both paid and unpaid sessions. "Our community encompasses Black, Indigenous, Latinx, Arab, middle-eastern, Asian, pacific islander, and mixed-race, lesbian, gay, bisexual, queer, transgender, two-spirit, gender non-conforming, genderqueer, and non-binary people committed to healing justice for our people."

UC Davis LGBTQIA Resource Center

This resource center works to provide an open, safe, and inclusive space and community in order for all people to educate themselves and have a space for self-exploration.

Education For Parents & Allies

American Psychological Association

This website answers many of the most frequently asked questions about transgender people.

LGBTQIA Resource Center Glossary

This resource center has compiled a glossary of terms that you can use to discuss gender identity and sexual orientation.

An Ally's Guide to Terminology

This guide from GLAAD.org offers an overview of essential vocabulary, terms to avoid, and a few key messages for talking about various issues.

Talking About LGBT Issues

The Talking About LGBT Issues series is a set of research-based resources gathered by the Movement Advancement Project (MAP) which are designed to help shape discussions and deepen understanding of key issues of importance to lesbian, gay, bisexual and transgender (LGBT) people.

Gender Spectrum

This quick read is an exploration of affirming and non-affirming parenting behaviors for parents with LGBTQ+ children.

****Resources found at <https://mhttcnetwork.org/centers/northwest-mhttc/lgbtqia-behavioral-health-resources>**

Black, Indigenous, Person of Color (BIPOC) resources

[American Foundation for Suicide Prevention](#)

The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide.

[The Steve Fund](#)

The Steve Fund's mission is to promote the mental health and emotional well-being of young people of color.

[Asian American Health Initiative](#)

Asian American Health Initiative is an organization seeking to improve the health and wellness of Asian American communities. Click the link for mental health resources provided in a variety of different languages.

[Asian Mental Health Collective](#)

Asian Mental Health Collective mission is to raise awareness about the importance of mental health care, promote emotional well-being, and challenge the stigma concerning mental illness amongst Asian communities globally.

[National Alliance for Hispanic Health](#)

National Alliance for Hispanic Health focuses on improving the health and wellbeing of Hispanics through improving the quality of care and its availability to all. The National Hispanic Family Health Helpline provides free and confidential health information in Spanish and English. To reach the helpline call, 1-866-783-2645.

[AAKOMA Project](#)

The AAKOMA Project is helping diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

[WeRNative](#)

WeRNative is a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth in our local communities and nation at large.

[Therapy for Latinx](#)

Therapy for Latinx is a national mental health resource for the Latinx community that provides resources for Latinx community to heal, thrive, and become advocates for their own mental health. Click the website for an online therapist directory and here for more information.

[Therapy for Black Girls](#)

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

[TherapyForBlackMen.org](#)

TherapyForBlackMen.org is committed to the mental wellness of Black men and boys.

** Resources found at <http://thementalhealthcoalition.org/>

Sexual Assault/Abuse + Intimate Partner Violence resources

Kid Center

KIDS Center is a medical model Children's Advocacy Center (CAC) providing child abuse evaluations that include a head-to-toe medical exam, child-friendly forensic interview, family advocacy, and mental health services to children and families impacted by abuse. In addition, our services include prevention programs to help teach adults in our community how to better protect children from abuse.

Saving Grace

Support services for domestic violence and sexual assault survivors in Central Oregon. Services include emergency shelter, 24 hour helpline, supervised child exchange and visitation center, counseling services, and legal advocacy. Services and website in Spanish and English. (541) 389-7021, contact the helpline for referral to counseling services.


HOW CAN YOU HELP A SURVIVOR?

1. START BY BELIEVING
"I believe you." • "I'm sorry this happened." • "I am here for you."

2. BE SUPPORTIVE
"You can tell me as much or as little as you want."
"It's not your fault."
"I'm glad you told me. I'm so proud of you."

3. ASK HOW YOU CAN HELP
"What can I do to support you?"
"Do you want me to go with you to the hospital or police station?"

4. AVOID "WHY" QUESTIONS
Even with the best of intentions, "why" questions can sound accusatory and make survivors blame themselves.


saving-grace.org
*Content provided by End Violence Against Women International

RAINN <https://www.rainn.org/>

The Nation's largest anti-sexual violence organization. National Sexual Assault Hotline. Free. Confidential. 24/7. **Call 800.656.HOPE**

Other Mental Wellness Resources

Central Oregon Mental Health Provider Directory

Click on this link and use the filters on the left to start your search for finding a mental health counselor in Central Oregon.

Student Mental Health - Bend-La Pine Schools

<https://www.bend.k12.or.us/district/parents/student-mental-health>

National Alliance on Mental Illness - People with Disabilities

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Partners in Care - Grief and Loss, Central Oregon

Partners In Care is proud to be Central Oregon's only independent, non-hospital based, not-for-profit home health and hospice organization. They provide a variety of services including youth grief support and Camp Courage.

Dougy Center - Grief and Loss, Portland Area

Dougy Center has received national and international acclaim for their peer grief support model for helping children cope before and after the death of a loved one.

MindYourMind- Central Oregon

<https://mindyourmindco.org/>