

Suicide Prevention Safety Resources - Family

Updated 4/16/2024

Emergency Resources

- **988** - Call or Text, 24/7 (National Mental Health Crisis Line, similar to 911)
- Stabilization Center - **63311 NE Jamison St, Bend, OR 97701**, 24/7
- Lines for Life YouthLine - staffed by trained teens, **4-10PM** daily
Call **877-968-8491**; text **“teen2teen”** to **839863**; email **Teen2Teen@LinesforLife.org**
- Nearest Emergency Department

Safe Home Recommendations

If your child is experiencing thoughts of suicide, please take the following actions in your home to keep them safe:

- In periods of intense thoughts of suicide, visually check on your child every 30 minutes to ensure they are safe.
- Make sure they are not left unsupervised or alone at the house and have a way to get in touch with you if you need to briefly leave.
- Follow the steps below to make sure your child cannot get to items in your home they could use to hurt or kill themselves. If your child is going to stay with friends or family, also make sure they cannot get these items while they are away.

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| Medications (prescription, over the counter, vitamins) | <ul style="list-style-type: none">● Store in a locked box or cabinet your child cannot access.● If your child takes medications, give them their daily dose and observe them swallowing. |
| Firearms | <ul style="list-style-type: none">● Keep in a secure gun safe or ask a friend/family member to store them securely for you until your child stabilizes.● Store ammunition separately from guns. |
| Sharp Objects (knives, box cutters, X-acto, razors, etc.) | <ul style="list-style-type: none">● Lock up sharp objects from all around your home and garage.● Allow your child to use under supervision or return immediately after personal use (shaving, etc.). |
| Other Items (household cleaners, ropes, alcohol, etc.) | <ul style="list-style-type: none">● Lock up items from around your home and garage.● Allow your child to use under supervision and return immediately after use. |

Non-Emergency Community Resources

- Student is:
 - Deschutes County Resident: DCBH, 541-322-7500
 - Can request an access visit at Sisters School Based Health Center.
 - Jefferson County Resident: BestCare, 541-475-6575
 - Can request telehealth visit to avoid travel to Madras.
- Mosaic Sisters School Based Health Center (Tuesday-Friday), 541-383-3005
 - Primary care physical and behavioral health for 0-18 year old students
- Local Private Practice Therapists in Sisters/Camp Sherman area who see children (insurance dependent)
 - Brightways Counseling (Eagle Crest)
 - Erin Fourier, LCSW
 - Jennifer Sowers, LPC
 - Julian Caballero, LPC
 - Forage Wellness
 - Kelly Davis-Martin, LPC Associate
 - Laura Levin, QMHP
 - Loryn Cummings, LPC
 - Mary Hoisington, LMFT
 - Nick Sundstrom, LCSW
 - Rosemary Bergeron, LPC
 - Scott Miller, PsyD
 - Tod Ricker, LPC

Online Resources

- Psychology Today – counseling provider database to search by insurance, concern, etc. <https://www.psychologytoday.com>
- YouthLine – online chat and email options <https://www.theyouthline.org/>