



Community Resource List

Responding to Child Abuse in Central Oregon:

Call to Report Abuse

If you have concerns of abuse, contact the State-wide abuse reporting line at **(855) 503-SAFE**; (855)503-7233 or Warm Springs Child Protective Services at **(541) 553-3209**. Or, contact any law enforcement agency by calling **911**.

You are not required to provide proof of abuse. Anyone who makes a good faith report based on reasonable grounds is immune from prosecution. If **sexual abuse occurred within the past 72 hours**, a medical evaluation by a Sexual Assault Nurse Examiner (SANE) is available by going to the Emergency Department at St. Charles Medical Center in Bend or Redmond. In Crook or Jefferson Counties, children should be taken to their Emergency Departments as well.

Crisis Help Lines

Mental Health Crisis Helpline (24 hour)	(800) 875-7364
Deschutes County Behavioral Health	(541) 322-7500
Crook County MH- Lutheran Community Services NW	(541) 447-7441
Jefferson County MH- Best Care Treatment Services	(541) 475-6575
Warm Springs Community Counseling Center	(541) 553-3205
Saving Grace Sexual Assault/Domestic Violence Hotline (24 Hour)	(541) 389-7021
Outside Bend (24 Hours)	(866) 504-8992
Deschutes County CSEC Response Team: Anti-Trafficking Project	(541) 382-0934

Victim Advocacy

Deschutes Co. Victim Assistance	(541) 388-6525
Crook Co. Victim Assistance	(541) 447-4158
Jefferson Co. Victim Assistance	(541) 475-4463
Warm Springs Victims of Crime Office	(541) 553-2293
Saving Grace (Court Advocate)	(541) 389-7021
CASA (Court Appointed Special Advocates)	(541) 389-1618

Help with Healing

Individual and Family Counseling:

Deschutes Health Services (includes addiction services)	(541) 322-7500
St. Charles Behavioral Health	(541) 706-2768
Crook Co. Mental Health/ Lutheran Community Services NW	(541) 447-7441
Warm Springs Community Counseling Center	(541) 553-3205
Jefferson County MH- Best Care Treatment Services	(541) 475-6575

Support Groups:

Saving Grace Survivors of Domestic Violence, Sexual Assault and/or Childhood Sexual Abuse:

Deschutes County: (541) 382-7021: Bend
(541) 504-2550: RDM

Crook County: (541) 416-2114

Jefferson County: (541) 475-1880

Human Dignity Coalition: (541) 385-3320

Additional Resources

Mountain Star Family Relief Nursery	(541) 322-6820
Healthy Families of the High Desert	(541) 585-3607
Central Oregon Assistance Hotline	211
Central Oregon Family Resource Center	(541) 389-5468
Alcohol and Drug Help Line	(800) 923-4357
Mental Health Crisis/Suicide Help Line	(800) 273-8255
Youthline	(877) 968-8491

Recursos en Español

Saving Grace - Imagínes la Vida Sin Violencia	(541) 389-7021 (Bend)
- www.saving-grace.org	(866) 504-8992
Best Care – Madras Latino	(541) 475-5300
- www.bestcaretreatment.org	
Linea de Ayda de Alcohol y Drogas	(866) 515-7848
KIDS Center	(541) 383-5958
- www.kidscenter.org	
Latino Community Association	(541) 382-4366
- www.latca.org	

State, National, and International Resources

Disability Rights Oregon: Statewide nonprofit working to transform systems, policies, and practices to uphold the civil rights of people with disabilities to live, work, and engage in the community.

- <https://droregon.org/>
- Voice: 503-243-2081 or 1-800-452-1694
- TTY users: dial 711
- Fax: 1-503-243-1738

PreventConnect: National project of the CalCASA whose goal is to advance the primary prevention of sexual assault and relationship violence by building a community of practice among people who are engaged in such efforts.

- <http://www.preventconnect.org/>

Darkness to Light: National nonprofit providing child sexual abuse prevention education.

- d2l.org

Stop It Now: National nonprofit for prevention of child sexual abuse and intervention for youth and adults who may be at risk for offending:

- www.stopitnow.org
- (888) PREVENT or (888)773-8368

RAINN: Nation's largest anti-sexual violence organization operating the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

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

Love is Respect: Online resource provides comprehensive education on healthy, unhealthy and abusive dating relationships and behaviors.

- <https://www.loveisrespect.org/>
- Text LOVEIS to 22522
- Call 1-866-331-9474

1 in 6: National nonprofit that aims to help men who have had unwanted or abusive sexual experiences live healthier, happier lives.

- <https://1in6.org/>

The Trevor Project: leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

- <https://www.thetrevorproject.org/#sm.0000a0qpbz135ucv6uskcohotqdp>

National Suicide Prevention Lifeline: national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

- <https://suicidepreventionlifeline.org/>

Promundo: Global leader in promoting gender justice and preventing violence by engaging men and boys in partnership with women and girls.

- <https://promundoglobal.org/>