Countless veterans, their families, caregivers, and survivors have been struggling with the events, images, and ramifications of our nation ending the longest period of war in our nation's history. ODVA encourages anyone in need of assistance to talk with friends and family, reach out to battle buddies, connect with a peer-to-peer network, or sign up for mental health services. Trained counselors and outreach staff, many of whom are veterans themselves, are experienced and prepared to discuss the tragedies of war, loss, grief, and transition after trauma.

**Federal VA Resources**
- **Veterans Crisis Line** - If you are in crisis call 1-800-273-8255, then PRESS 1 or text 838255
- **VA's self-help apps** - Tools to help deal with common reactions like stress, sadness, and anxiety.

**VA Women Veterans Call Center**
Call or text 1-855-829-6636 (M-F 8AM - 10PM & SAT 8AM - 6:30PM ET)

**VA Caregiver Support Line**
Call 1-855-260-3274 (M-F 8AM - 10PM & SAT 8AM - 5PM ET)

**Licensed Behavioral Health Providers**
While there are more licensed behavioral health providers in Oregon than those listed below, those listed have veterans on staff or have staff trained in military cultural competency.

**Still Serving Counseling & Services, LLC**
(Bend) 541-728-2018

**BestCare Treatment Services**
(Madras) 541-475-6575 bestcaretreatment.org

**Deschutes County Health Services**
(Bend, LaPine, Redmond) 541-322-7500

**Wellness Through Horses**
(Bend) 541-815-0203

**Community Counseling Solutions**
(Morrow, Wheeler, Gilliam, Grant counties) 541-676-9161

**Yamhill Health & Human Services Options**
(Grants Pass, Medford) 844-842-8200

**Cascadia Behavioral Health**
(Portland) 503-988-4888

**Symmetry Care**
(Portland Metro, Burns) 541-573-8376

**Mid Columbia Center for Living**
(Hood River, The Dalles) 888-877-9147

**Columbia Community Mental Health**
(St. Helens) 503-782-4499

**Wallowa Valley Center for Wellness**
(Enterprise) 503-397-5211

**New Directions Northwest Walk-in Clinic**
(Baker City) 541-523-7400

**Native American Rehabilitation Association**
(Portland) 503-224-1044

**VA Clinics**
- **Bend VA Clinic** 541-647-5200
- **Morrow County VA Telehealth Clinic** 541-481-2255
- **Brookings VA Clinic** 541-440-1000
- **Wallowa County VA Telehealth Clinic** (Enterprise) 541-426-0219
- **Eugene Health Care Center** 541-607-0897
- **Eugene VA Downtown Clinic** 541-242-0440
- **Fairview VA Clinic** 503-660-0600
- **Grants Pass VA Clinic (SORCC)** 541-955-5551
- **Hillsboro VA Clinic** 503-906-5000
- **Klamath Falls VA Clinic (SORCC)** 541-273-6206
- **La Grande VA Clinic** 541-963-0627
- **Lincoln City Clinic** 541-265-0547
- **North Bend VA Clinic** 541-440-1000
- **Community Resource and Referral Center (CRRC)** 503-808-1256
- **Salem VA Clinic** 503-721-1499
- **North Coast VA Clinic** 503-220-8262 x52593
- **Oregon Vet Centers**
  - **Central Oregon Vet Center** 541-749-2112
  - After hours or holidays: 1-877-WAR-VETS (1-877-927-8387)
- **Eugene Vet Center** 541-465-6918
- **Grants Pass Vet Center** 541-479-6912
- **Portland, OR Vet Center** 503-688-5361
- **Salem Vet Center** 503-362-9911

**Service Organizations**
- **Central Oregon Veterans Ranch**
  peer support (Bend) 541-706-9062
- **Elizabeth Dole Foundation Hidden Heroes** 202-249-7171
- **MakeTheConnection.net**
- **Project ABLE** (Salem, McMinnville) 503-363-3260
- **Star Behavioral Health Find a Provider**
- **Returning Veterans Project** (Portland) 503-654-2259
- **Student Veterans of America** 202-223-4710
- **Team Red, White & Blue**
- **Team Rubicon**
- **Together We Served**
- **Tragedy Assistance Program for Survivors (TAPS)** 800-959-8277

**BEHAVIORAL HEALTH RESOURCES**

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