



Central Oregon Behavioral Health Resources

This list is not exhaustive but serves as a starting point for finding mental health support. We recommend that you contact any provider to confirm their services and to ensure that they are taking new clients.

Crisis Services

Deschutes County Health Services 24-Hour Crisis Phone Line

Dial 988

Or 541-322-7500 ext. 9

Or call 800-875-7364

Deschutes County Stabilization Center Walk-in Crisis Services

63311 NE Jamison St, Bend, OR 97701

541-585-7210 - Office Line (Non-Emergency)

National Suicide Hotline

800-273-8255

Or Text: '273TALK' to 839863 (8:00 am-11:00 pm daily)

www.suicidepreventionlifeline.org

NAMI (National Alliance on Mental Illness) HelpLine

800-950-NAMI (6264)

Or Text "HelpLine" to 62640

Email: helpline@nami.org

Chat at [NAMI.org/help](https://www.nami.org/help)

Drug and Alcohol Helpline:

800-923-4357

Or Text: 'RecoveryNow' to 839863

24/7 helpline for individuals and family members seeking crisis intervention, treatment referral, and chemical dependency information.

www.linesforlife.org/alcohol-and-drug-helpline

Veterans Crisis Line

Dial 988 & Press 1

Or text 838255

Mental Health Treatment - Outpatient Services

St. Charles Outpatient Behavioral Health

Bend: 541-706-7730

Redmond: 541-516-3890

Prineville: 541-516-3890

BestCare Outpatient Counseling

Bend: 541-617-7365

Redmond: 541-504-2218

Madras: 541-475-6575

Prineville: 541-323-5330

Mosaic Medical Behavioral Health

541-383-3005

Deschutes County Behavioral Health Services

541-322-7500

Includes Alcohol and Drug Treatment Services and Adult outpatient services. Primarily working with those on the Oregon Health Plan but encourages anyone, regardless of insurance, to call.

Additional resources can be found in the Council on Aging's Directions Guide at

www.councilonaging.org/resources/directions

Behavioral Health Practitioners

Clinicians with a focus on seniors

These clinicians have indicated in their profiles that they have a focus on working with people who are 65+. Please note that the following list may not be fully comprehensive, and it does not indicate whether the clinicians are currently accepting new patients

Mandee Ray Awmiller, LCSW
(458) 243-4642
Redmond
Accepts Medicare and OHP

Robert Burch, PhD
541-526-5228
Bend
Accepts Medicare

Asa R Aramburo, LCSW
602-892-0369
Teleheath
Accepts Medicare

Robin Burwell, LCSW
458-313-2515
Bend
Accepts Medicare and OHP

Lewis Bank, PhD
503-902-4964
Bend
Accepts Medicare

Bo Christal, MA, LPC
(541) 256-3032
Telehealth
Accepts OHP

Tara Renee Breitenbucher, LPC
541-905-0500
Bend
Private Insurance/Out of Pocket

Mary Cosentino-Cathey, LCSW
(971) 803-6457
Telehealth
Accepts OHP

Michelle Brenneman, MA
(541) 299-3240
Telehealth
Private Insurance/Private Pay

Nancy J Curfman, LCSW
541-504-6581
Bend
Accepts Medicare

Amy Dahla, LPC
(541) 207-1467
Telehealth
Accepts Medicare and OHP

Gayle L Doshier, MA, LMFT
541-246-6232
Bend
Accepts OHP

Dr. Stephen J. Ducat, ND, PhD
415-233-9301
Bend
Accepts Medicare

Shonna Edwards, MCOUN, NCC
(458) 218-6695
Bend
Private Pay

Amber Ford, EdD, LCSW
(541) 262-6698
Telehealth
Private Insurance/Private Pay

Erin Fourier, LCSW
(541) 229-4862
Sisters
Accepts Medicare and OHP

Michele Freeman Counseling, LPC
541-638-0225
Bend

Specializes in Chronic Pain and Chronic
Degenerative Illness
Accepts OHP

Ray Gertler, PhD
541-854-0972
Bend
Accepts Medicare

Michael Grayson Conner, PsyD
(541) 412-5763
Bend
Accepts Medicare and OHP

Lana Horvath, MA
(458) 224-3576
Bend
Accepts OHP

Melinda Howell, LPC
541-223-5033
Telehealth
Accepts OHP

James Janoski, LPC
971-545-4782
Telehealth
Accepts Medicare and OHP

Casey Kohl, LCSW
(458) 236-5614
Telehealth
Private Insurance/Private Pay

Mashelle D Lester, LCSW
(541) 209-5613
Telehealth
Accepts OHP and Medicare

Clara Rose Liberov, MS, NCC, LPC A
(458) 236-3271
Bend
Accepts OHP

Bridget Lovejoy, LCSW
(503) 461-7245
Telehealth
Private Pay

Linda Luther-Starbird, PhD
503-743-0582
Bend
Private Insurance/Out of Pocket

Sherry Macias, LPC, NCC
(458) 217-6727
Redmond
Private Insurance/Private Pay

Heather Mangold, LPC
(503) 782-8165
Telehealth
Private Pay

Rachael Marble Leary, LPC
(458) 224-5951
Bend and Redmond
Accepts Medicare and OHP

Shauna McDonough, MSW, LCSW,
QMHP
(458) 241-6135
Bend
Private Pay

Tenaya Meaux, LCSW
541-262-0983
Bend
Private Insurance/Private Pay

Daniel Menely, LPC
541-802-7116
Bend
Private Pay

Melissa K Nelson, MSW, CSWA
458-232-4066
Bend
Veteran Focus
Private Insurance/Out of Pocket

Keith Orton, PhD
541-366-4830
Bend
Accepts Medicare

Lauren Pollock, LCSW
(541) 305-7872
Telehealth
Accepts OHP

Hope Porterfield, LCSW
(458) 200-4025
Bend and Prineville
Accepts Medicare and OHP

Nessa Wilson, MSW, LCSW
541-238-9242
Sisters
Private Insurance/Out of Pocket

Scott Safford, PhD
(458) 236-5771
Bend
Private Insurance/Out of Pocket

Jamie Worthington, LPC
458-236-3197
Telehealth
Accepts Medicare

Craig Schlarb, Ph.D LPC
(458) 214-8971
Bend and La Pine
Accepts OHP

David Earl Stetson, LCSW
541-526-5349
Bend
Private Insurance/Out of Pocket

Kimberly Swanson, PhD
458-203-3499
Bend
Accepts Medicare and OHP

Adriana Villegas, LCSW
(458) 216-2432
Telehealth
Accepts OHP

Alan Werkman, LCSW
(541) 394-0701
Bend and Redmond
Accepts Medicare

Additional Services

OSU-Cascades - Free Counseling Clinic in Bend

Offers free telehealth and in-person counseling to community members through the university's graduate counseling clinic. The free counseling sessions provide a community service and allow master's students to implement and develop expertise under the close supervision of faculty and clinical supervisors. All sessions are recorded for training and supervision purposes.

541-322-2047

cascades.counseling@osucascades.edu

Bend Senior Care Management, LLC.

Works closely with clients and their families to devise a care plan that is built to address individual needs. They work to guide, refer, and coordinate with the appropriate providers needed by clients.

541-782-8381

www.bendseniorcaremanagement.com

Council on Aging of Central Oregon

Central Oregon's aging experts who ensure seniors can access the support, services, and resources they need from the Council on Aging and other tri-county partners.

541-678-5483

www.councilonaging.org

Senior Health Insurance Benefits Assistance (SHIBA)

The Council on Aging of Central Oregon's trained Medicare counselors provide free, unbiased assistance for those enrolling in Medicare at 65, as well as for current enrollees exploring their options. These dedicated volunteers are part of Oregon's Senior Health Insurance Benefits Assistance (SHIBA) program, which focuses on educating and advocating for Medicare recipients.

541-678-5483

www.councilonaging.org/programs/medicare-counseling

NAMI Central Oregon

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Central Oregon provides education programs, support groups, and helplines.

541-316-0167

info@namicentraloregon.org

www.namicentraloregon.org

Alzheimer's Association Oregon and SW Washington

A 24/7 helpline offers support and assistance, free support groups, educational programs, information, and referrals for the community

800-272-3900

Additional resources can be found in the Council on Aging's Directions Guide at www.councilonaging.org/resources/directions