



WESTERN STATES REGIONAL COUNCIL OF CARPENTERS

BOSS Committee

CONTACT INFORMATION:

**Carpenters Local 541
1265 S Bertelsen Rd Suite 6
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Phone: 541-687-6755**

Steven Acosta

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If you or someone you know is struggling with mental health issues and needs immediate assistance, please call or text:

- **988 Mental Health Hotline – Call or Text 988**
- **[National Suicide Prevention Lifeline](#) – [1-800-273-8255](#)**
- **[Crisis Text Line](#) – text HOME to [741741](#)**
- **[Veterans Crisis Line](#) – Call [1-800-273-8255](#) and press 1 or text [838255](#)**
- **[ComPsych \(Guidance Resources\)](#) – 1-833-792-2271**

Although we're not mental health professionals, our members' mental health is extremely important to us. The resources listed below are intended to help jump start a dialogue for those who need assistance.

If you're feeling stressed, isolated, depressed, or just in need of a helping hand, mental health assistance we got you.

If you or someone you know is struggling with domestic violence and needs immediate assistance, please call:

- **National Domestic Violence Hotline – 800-799-7233**

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The BOSS Committee (Brotherhood Outreach for Strength and Support) is a committee that was introduced by EST Frank Hawk to determine how best to provide help and resources for members in need.

BOSS was recently selected as the recipient of the Visionary Labor Union Award for the 2023 Construction Working Minds Summit. This award is presented to organizations that are making strides in breaking the stigma of mental health in the construction industry.

Ask your Local for more information on joining the BOSS (Brotherhood Outreach for Strength and Support) Committee or send an email to brotherhood@wscarpenters.org.



BOSS Committee Oregon

Chairperson: Steven Acosta

Co-Chair: Tim Keck

Meetings: 1st Friday of the Month

The Importance of Breaking the Stigma

Working aged men (25-54 years old) account for the largest number of suicide deaths in the U.S. These men are also the least likely to receive any kind of support. They don't talk about it with their friends. They don't share with their family. And they sure as heck don't seek professional treatment.

They are the victims of problematic thinking that says mental health disorders are unmanly signs of weakness.

Online Resources

www.mantherapy.org – Comedy and Resources!

www.righdirectionforme.com/for-you - Online Toolkits and Self-Care Plans

<https://carpenterssw.org/health-welfare/reach-out-for-help/> - Compsych through Trust

TEXT Resources

[988 Lifeline](#) - If you need emotional support, reach out to the national mental health hotline: 988.

988
LIFELINE

If you need to talk, the 988 Lifeline is here.

At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.



Call



Text



Chat



Deaf/HoH

<https://www.crisistextline.org/>

Need to vent?

Text HOME to 741741
to connect with a
volunteer Crisis
Counselor

Free confidential 24/7 support at your fingertips.

Text Us

Chat With Us

WhatsApp

For international support, click [here](#)

24/7, confidential crisis support

for Veterans and their loved ones

— . . . —

You don't have to be enrolled in VA benefits or health care to connect.



Dial 988 then Press 1



Chat online



Text 838255

Mental Health & Behavioral Health

Clatsop County

Clatsop Behavioral HealthCare

503-325-5722

Urgent Walk-ins – 115 W Bend St, Astoria, OR

Crisis Services – 24/7 – 503-325-5724

Coos County

Coos Crisis Solutions Center

541-266-8480

1885 Thompson Rd, Boos Bay, OR 974020

Coos Health & Wellness

541-266-6700

281 LaClair St

Coos Bay, OR 97420

Waterful Behavioral Health Center

541-435-700

1300 N Bayshore Dr, Coos Bay, OR 97420

Curry County

GRH Behavioral Health Clinic

541-962-1101

506 Fourth St, La Grande, OR 97850

Curry Community Health – Port Orford

541-373-8085

1403 Oregon St, Port Orford, OR 97465

Deschutes County

Depression Treatment Clinic Bend

971-300-0654

250 NW Franklin Ave #204, Bend, OR 97703

Deschutes County Mental & Behavioral Health

541-322-7500

2755 NE Carney Dr, Bend, OR 97701

Deschutes county Stabilization Center

541-585-7210

63311 NE Jamison St, Bend, OR 97701

Deschutes County Downtwon Clinic

541-330-4637

1128 NW Harrison St, Bend, OR 97701

Douglas County

Mill Street Psychiatric

541-492-1340

1404 SE Mill St, Roseburg, OR 97470

Douglas County Mental Health

541-440-3532

621 W Madrone St, Roseburg, OR 97470

Chadwick Clubhouse

541-671-2176

2031 Ne Diamond Lake Blvd, Roseburg, OR 97470

Lane County

Lane County & Insight Northwest Recovery

541-648-7030

1776 Millrace Drive Suite 202, Eugene, OR 97403

Haven Health Management

Email: go.havenheathmgmt.org

Eugene Anxiety.com

www.eugeneanxiety.com

541-357-9764

940 Willamette St, Suite 230, Eugene, OR 97401

Linn County

Line County Crisis Services 24/7

541-967-3866 or 1-800-304-7468

445 Third Ave SW, Albany, OR 97321

Willamette Health Center - Albany

541-497-6203

2730 Pacific Blvd SE, Albany, OR 97321

Willamette Health Center – Lebanon

541-451-5932 or 888-451-5932

1600 S Main St, Lebanon, OR 97355

Willamette Health Center – Sweet Home

541-637-3888

799 Long St, Sweet Home, OR 97386

Marion County

Marion County Behavioral Adult Health

503-588-5351

2045 Silverton Rd NE, Salem, OR 97301

Marion County Health & Human Services

503-593-5298

3150 Centers St NE, Salem, OR 97301

Jackson County

Aspire Mental Health and Wellness

541-414-4966

328 South Central Ave #101, Medford, OR 97501

Oregon Behavioral Health Group LL

541-727-7787

312 Oak St #205, Central Point, OR 97502

Rogue River Mental Health Services

541-299-0390

312 Oak St #205, Central Point, OR 97502

Ontario County

Life Ways

541-889-9167

702 Sunset Drive, Ontario, OR 97914

Insight Counseling & Therapy

208-741-3336

1219 SW 4th Ave, Ontario, OR 97914

Umatilla County

Rivercrest Behavioral Health & Wellness

541-289-7777

230 SE 2nd St A, Hermiston, OR 97838

Les Is More Mental Health

541-429-0550

44882 Mission Rd, Pendleton, OR 97801

Lifeways McNary Place

541-922-0880

290 Willamette St, Umatilla, OR 97882

Resources for Domestic Violence

Clatsop County

The Harbor

503-325-5735

801 Commercial St, Astoria, OR 97103

Clatsop Community Action

503-325-1400

364 9th St, Astoria, OR 97103

Coos County

The Safe Project

541-756-7000

1681 Newmark Ave, Coos Bay, OR 97402

Deschutes County

Mary's Place

541-322-7460

1130 NW Harriman St #A, Bend, OR 97701

Saving Grace – Formley know as COBRA)

541-382-9227

900 NW Brooks St #1, Bend, OR 97703

Douglas County

Peace at Home Advocacy Center – formerly Battered Persons Advocacy

541-673-7867

1202 SE Douglas Ave, Roseburg, OR 97470

Samaritan Inn

541-672-5387

544 W Umpqua St, Roseburg, OR 97471

UCAN – Martha Young Family Service Center

800-301-8226

280 Kenneth Fed Dr, Roseburg, OR 97470

Lane County

Hope & Safety Alliance (fka WomenSpace)

541-485-8232

1577 Peral St Ste 200, Eugene, OR 97401

First Place Family Center and Night Annex

541-34-7728

4060 W Amazon Dr, Eugene, OR 97405

Siuslaw Outreach Services

541-997-2816

1576 12th St, Florence, OR 97349

Linn/Benton County

CARDV Advocacy Center

541-754-0110

2208 SW 3rd St, Corvallis, OR 97333

Victim Services

541-967-3805

300 SW 4th Ave, Albany, OR 97321

Second Chance Shelter

541-967-8545

1100 SE Jackson St, Albany, OR 97321

Jackson County

Community Works

541-779-4357

2594 E Barnett Rd C, Medford, OR 97504

Jackson County SART

540-631-9941

320 E Main St #202, Ashland, OR 97520

Marion County

Behavioral Solutions of Marion County

503-877-3132

698 12th St Se Ste 240, Salem, OR 97301

Center for Hope and Safety

503-378-1572

605 Center St NE, Salem, OR 97301

Marion County Victims Impact

5454 River Rd N, Kiezer, OR 97307

Ontario County

Project Dove

541-889-6316

44 NW 5th Ave, Ontario, OR 97914

Oregon Department of Human Services

541-889-9141

186 East Ln, Ontario, OR 97914

Umatilla County

Domestic Violence Services

541-276-*3322

1103 SE Court Place, Pendleton, OR

24-hour Crisis Line – 800-833-1161

Hermiston – DVS

541-567-0424

240 SE 2nd St Suite B&C, Hermiston, OR

Milton-Freewater, OR – DVS

541-276-3322

722 S Main, Milton-Freewater, OR

Boardman – DVS

541-567-0424

200 City Center Circle, Boardman, OR

Heppner, OR – DVS

541-276-3322