

# FIRST STEP & SAFEOREGON

## Information for Students & Parents



If you haven't yet downloaded the First Step app onto your mobile device, we hope you will take a minute to do so. The app is **FREE** and could potentially save a life.

The First Step App is a mental health promotion and social emotional learning app for students in Deschutes County. Whether students need help for themselves or for a friend, this app has everything a student needs when it comes to finding mental health support. Download the app on your smartphone or Android device and familiarize yourself with the resources offered. The First Step App was created by LRIS Mobile Apps in partnership with Deschutes County Health Services. The goal of this app is to prevent student/school safety threats from occurring. SafeOregon is a safe way to report information that concerns you, the safety of your fellow students, or your school. Students and parents can always reach out to a Redmond School District staff member regarding concerns. Your wellness and safety are important to us all.

- Youth Line is here to talk, text or email from 3 p.m. to 10 p.m., seven days a week. You can talk to them about anything, from a bad day at school to issues with friends or family, or even suicidal thoughts or concerns for yourself or a friend. You will be connected to another teen who is supportive and highly trained who can help you through hard times.
- SafeOregon is a place to anonymously tip authorities with any information you may have about safety threats. Tips can be made on behalf of yourself, a peer/s, or a school site if you or someone you know is struggling or are in danger of being hurt, or need an adult's help and you're not sure who to tell. SafeOregon reports are anonymous or confidential. Anonymous means you don't need to leave any information about yourself when reporting a tip. Confidential means you can leave your name and contact information for follow-up.

### HOW TO REPORT A TIP:

- Online at [www.safeoregon.com](http://www.safeoregon.com)
- Call or text 844.472.3367
- Email [tip@safeoregon.com](mailto:tip@safeoregon.com)
- Download the First Step mobile app on iTunes or Google Play.
- You can add a photo or screenshot to your tip when using the mobile application, web form, or when sending an e-mail
- Tips can be submitted 24 hours a day, seven days a week. All tips are reviewed by SafeOregon staff and sent to the most appropriate place for follow-up.
- SafeOregon is for serious concerns and focuses on sharing important information, preventing tragedies and saving lives. It is against Oregon law to misuse SafeOregon. Prank tips or deliberately false reports may be investigated by law enforcement.
- Use 911 to report an emergency if you or someone you know needs help right now. SafeOregon DOES NOT replace 911.

### CHECK IT OUT HERE:

#### FIRST STEP

Download the app:  
On iTunes: First Step Oregon  
On Android: First Step