PORTLAND POLICE BUREAU AUGUST 2014

COMMUNITY MENTAL HEALTH RESOURCES

CRISIS SERVICES

IMMEDIATE SUPPORT IN CRISIS SITUATIONS

CRISIS LINES
ASSISTANCE BY PHONE

Multnomah County Crisis Line
24/7 Crisis help (503) 988-4888
1(800) 716-9769
Project Respond assistance & evaluations

Lines for Life Suicide Hotline
1 (800) 273-8255
24/7 Crisis help based in Portland

Lines for Life Helpline
1 (800) 923-4357
24/7 Crisis help based in Portland

Lines for Life Veterans Helpline
1 (888) 457-4838
24/7 Crisis help for veterans based in Portland

Veterans Crisis Line 1 (800) 273-8255
24/7 National crisis help-links info to local VA Hospital

Oregon Youth Line (877) 968-8491
Teen-to-teen crisis help 24/7

David Romprey Warmline
Peer Support 10am-8pm 1 (800) 698-2392

CLINICS AND HOSPITALS
IMMEDIATE IN-PERSON ASSISTANCE

Cascadia Walk-In Clinic
2415 SE 43rd Ave (503) 963-2575
Voluntary walk in mental health crisis assistance
7 days/week, 7am-10:30pm

Multnomah County Health Clinic
Multiple Portland Locations
(503) 988-5558
Provides care to uninsured, low-income residents

Providence Behavioral Health
(503) 574-9235
Psychiatry services and day treatment program

OHSU Psychiatric Unit
3181 Sam Jackson Park Rd.
Psychiatric unit (503) 494-6176

Brookside (Kaiser) Psychiatric Unit
10180 SW Sunnyside Rd. Clackamas, OR
(503) 571-9240
Emergency Services (503) 331-6425
Psychiatric unit for Kaiser members

Good Samaritan Psychiatric
1015 NW 22nd Ave (503) 413-7582
Psychiatric unit

Mult Co Crisis Assessment and
Treatment Center (CATC)
55 NE Grand Ave (503) 232-1099
24/7 Crisis mental health assistance

BEHAVIORAL HEALTH UNIT

CENTRAL PRECINCT

Lieutenant Cliff Bacigalupi
(503) 823-0813

Sergeant Bob McCormick
(503) 823-0814

CIT Coordinator (503) 823-0817
Officer Amy Bruner-Dehnert

Service Coordination Team
Billy Kemmer (503) 823-0824
Officer Bret Burton (503) 823-0821

FAMILY MEMBER SUPPORT, EDUCATION, & ADVOCACY

ASSISTANCE FOR CONSUMERS AND FAMILIES WHEN NOT IN CRISIS.

National Alliance of Mental Illness-(NAMI) Multnomah
4701 SE 24th St. (503) 228-5692
Support groups, classes and more resources for peers and family members

NAMI Oregon 1(800) 343-6264

Early Assessment and Support Alliance (EASA)
421 SW Oak St (503)-988-3272
Focuses on support and services for youth 15-25 years old, experiencing first mental health difficulties.

Oregon Family Support Network (OFSN)
11097 SE 21st Ave (503) 363-8068
Support for parents whose juvenile children have mental illness

Empowerment Initiatives
3941 SE Hawthorne Blvd (503) 249-1413
Peer support groups

Independent Living Resources
1839 NE Couch St (503) 232-7411
Case managers, classes and groups for those with mental health or other differences

Disability Rights Oregon
610 SW Broadway (503) 243-2081
Legal advocacy

Depression and Bipolar Support Alliance (DBSA)
4805 NE Glisan (503) 866-9135
Peer led, drop-in support group

Mental Health America (MHA)
10150 SE Ankeny St (503) 922-2377
Provides advocacy, education programs, and information.

Dual Diagnosis Anonymous of Oregon
521 SW 11th Ave (503) 222-6484
Peer support group with focus on 12-step program

Portland Hearing Voices (413) 210-2803
Peer support, education and training

Brain Injury Alliance of Oregon
1-800-544-5243

COMMUNITY SUPPORT

DAYTIME PEER INTERACTION AND SUPPORT

Folktime
4837 NE Couch St (503) 238-6428
Mental health recovery through art, music, lunch, and games with peers

NorthStar
5600 NE Glisan St (971) 271-7273
Clubhouse program to develop job skills and build a community with peers

ELDERLY PERSONS

ASSISTANCE FOR DEMENTIA AND ALZHEIMERS

Alzhiemers Association 1-800-272-3900

Mult Co Aging and Disability Services
Multiple Portland Locations
(503) 988-3646
Offers long-term care, financial assistance and counseling to seniors and adults with disabilities

JUVENILE TREATMENT OPTIONS

ASSISTANCE FOR CHILDREN AND TEENS

Albertina Kerr Centers
424 NE 22nd Ave (503) 239-8101
Mental health and developmental assistance

OHSU Child Development and Rehabilitation Center
700 SW Campus Dr (503) 494-8362
Autism and developmental assistance

Morrison Child and Family
Multiple Portland Locations
(503) 258-4381
Assistance with trauma counseling

Mind Matters
15050 SW Koll Parkway Beaverton, OR
(503) 352-0468
Psychiatric services. Accepts private insurance

Trillium Family Services
3415 SE Powell Blvd (503) 234-9591
Mental health and developmental assistance
Accepts private insurance and OHP

VETERANS

RESOURCES FOR VETERANS AT RISK

HLP-4-VET Crisis Line (888) 457-4838
Crisis help based here in Portland 24/7

Veterans Suicide Hotline (800) 273-8255
National crisis help 24/7

VA Suicide Prevention Team
3710 U.S. Veterans Hospital Rd
(503) 402-2857
Crisis and outreach through Portland VA Medical Center

VA Medical Center OEF/OIF Program
(503) 220-8262 ext. 53062
Veteran support

VA Medical Center Homeless Program
(503) 220-8262
Veteran housing assistance

Multnomah County Veterans Service Office (503) 988-3620 ext. 26123
Veteran support and financial assistance

Portland Veteran Center (503) 688-5361
Confidential/ free veteran support

Oregon National Guard Veteran Career Transition Assistance (503) 584-2393
Veteran employment transition Support

Central City Concern Veteran Program
(503) 226-7387
Employment support and housing assistance for Veterans

Lacey's House (503) 757-5655
Housing assistance for Veterans

Partnership for Veterans at Risk
(503) 400-8147
Housing assistance for Veterans

Returning Veterans NW (503) 933-4996
Free counseling

TREATMENT

ASSISTANCE WITH RECOVERY

Old Town Recovery Center
232 NW 6th Ave (503) 228-7134
Mental health and addictions treatment for low income adults with access to primary care.

Flanders Clinic
2250 NW Flanders St (503) 226-0558
Takes private insurance

Cascadia
2415 SE 43rd Ave (503) 236-7166
Mental health and addiction treatment for low income
Takes private insurance and Oregon Health Plan (OHP) Open 7 days/ week, 7am-10:30pm

Cascadia Info & Referral (503) 674-7777

LifeWorks NW
Multiple Portland Locations
(503) 645-9010
Mental health and addiction treatment, variety of languages spoken. Takes OHP

Luke Dorf
1952 SE 122nd Ave (503) 726-3690
Mental health and addiction housing and treatment program. Takes OHP

Lutheran Community Services
605 SE Cesar E. Chavez Blvd
(503) 231-7480
General and multicultural services. Takes OHP and Medicare.

Western Psychological
12636 SE Stark St. Plaza 125, Building J
(503) 253-4600
Mental health and addiction treatment
Takes private insurance, Medicare & OHP
Open Mon-Fri 9am-5pm

SLIDING SCALE TREATMENT COUNSELING

COUNSELING SERVICES TO ASSIST LOW INCOMES

Good Samaritan Ministries Counseling
7929 SW Cirrus Dr. Beaverton, OR 97008
(503) 644-2339
Religious/ faith based counseling. Payment by donation

Portland Men's Resource Center
12 SE 14th Ave (503) 235-3433
Men's and Women's counseling services, couples therapy. Accepts most insurance

Mosaic Counseling Associates
736 SE 60th Ave (503) 231-0743
Counseling, especially for trauma. Accepts some private insurance . Low income rate, $45-$100

Northwest Catholic Counseling Center
8383 NE Sandy Blvd. Suite 205
(503) 253-0964
Counseling and medicine. All faiths welcome
Estimated costs: Counseling $10-$100; Medicine $125-$225

River's Way Clinic
2049 NW Hoyt St (503) 321-5002
Counseling for individuals, couples, and families
Flexible/ sliding payment scale
Counseling is provided by advanced process students.

William Temple House
2023 NW Hoyt St (503) 226-3021
Counseling for individuals, families, and groups
Cost depending on income $5-$30

Good News Community Health Clinic
18000 SE Stark St (503) 489-0567
Counseling and medications. No walk-in patients

NW Family Services
6200 SE King Rd (503) 546-6377
Counseling services. Spanish speakers available.
Free and low cost programs

Humanistic Counseling
1737 NW 26th Ave (503) 948-5473
Counseling services. Free and low cost programs, donation basis

Jewish Family Services
1221 SW Yamhill St (503) 226-7079
Counseling for individuals, couples, family, and groups
Sliding scale costs.

Mindful Experimental Therapy Approach (META)
15 SE 16th Ave (503) 450-9999
Counseling with focus on Mindful Experimental Therapy
Parent and children groups. Estimate $35-$45/ session

Mt. Tabor Counseling Associates
4511 SE Hawthorne Blvd
(503) 232-6868
Counseling services. Sliding scale, $50 and up/session
Accepts private insurance

Portland State University Community Clinic
615 SW Harrison St (503) 725-4620
Low cost Individual, couple, and family counseling.
Estimate $15/ session

Sunnyside Counseling
150 SE 80th Ave (503) 257-7572
Christian counseling services
Sliding scale, $25 processing fee

The Way of Health Holistic Clinic
2448 SE 89th Ave (503) 788-4165
Low cost counseling services. Estimate $33/ session

Wise Comfort Counsel
1305 NE Fremont St (503) 282-0182
Counseling services. Estimated sliding scale $20-$120/ session. Accepts private insurance and Medicare

Lewis and Clark College Community Counseling Center
4445 SW Barbur Blvd (503) 768-6320
Low cost counseling services.
Estimate $15 fee; $10-$50/ session

Pacific University Psychological Clinic
1411 SW Morrison St (503) 352-2400
Low cost counseling and medicine. Services in Spanish
Estimate $20-$60, discount for students and veterans.

ALTERNATIVE OPTIONS

NATURAL MEDICAL OPTIONS

Applied Psychophysiology
(503) 234-2733
Biofeedback for trauma, free for veterans

Sellwood Family Medicine
1567 SE Tacoma St (503) 233-8113
Autism and mental health differences
Naturopathic medicine
Accepts private insurance $135-$225

Meridian Natural Medicine
1306 NW Hoyt St (503) 248-1182
Naturopathic medicine
Does not accept insurance, will provide forms to bill personal insurance.

Tim Shannon, N.D. (Solas Clinic)
4405 SE Division St (503) 236-8853
Naturopathic medicine

CULTURALLY SPECIFIC RESOURCES

DIVERSE CULTURE RESOURCES

Avel Gordley Center for Healing
621 SW Alder St (503) 494-4745
Services for clients identifying with African, African American, and Southeast Asian cultures
Individual and group therapy

Asian Health and Service Center
3430 SE Powell Blvd (503) 872-8822
Mental health and addiction services, assessment, and screening. Individual, family, and group counseling
Fees vary

Conexiones
2325 E Burnside St (503)-235-8057
Hispanic referrals for counseling and evaluations

Puentes
231 SE 12th Ave (503) 546-9975
Case management, medication, group counseling and support for Hispanic youth and families.

Lutheran Family Services
605 SE 39th Ave (503) 231-7480
Counseling for immigrant and refugee populations
Low cost, fees vary

Russian Oregon Social Services (ROSS)
4033 SE Woodstock Blvd
(503) 777-3437
Program of Ecumenical Ministries of Oregon
No fee for Russian speaking clients

Native American Rehabilitation Association (NARA)
1776 SW Madison (503) 224-1044
Focus on family support through Oyate Family Services

Immigrant and Refugee Community Organization (IRCO)
10301 NE Glisan St (503) 234-1541
Assistance in overcoming language barriers to connect services

TREATMENT FOR ADDICTION

ADDICTION RESOURCES

DePaul Treatment Center
1312 SW Washington St (503) 535-1151
Addiction treatment; low-income options
Accepts private insurance and OHP

Central City Concern
726 W Burnside (503) 944-4410
Addiction treatment

HOUSING

LOW COST LIVING OPTIONS

Multnomah County Mental Health
421 SW Oak St (503) 988-5464
Group home facilities for those with mental health differences

Luke Dorf
1952 SE 122nd Ave (503) 726-3690
Group homes, apartments with staff, and regular apartments for those with mental health differences

Cascadia (503) 232-6971
Group homes, apartments with staff, and regular apartments for those with mental health differences

Central City Concern
523 NW Everett St (503) 525-8483
Low income apartments

Human Solutions
12350 SE Powell Blvd (503) 548-0200
Low income apartments

Innovative Housing
219 NW 2nd Ave (503) 226-4368
Low income apartments

REACH Community Development
4150 SW Moody Ave (503) 231-0682
Affordable Housing

HOMELESS

Bradley Angle House (503) 281-2442
Domestic Violence shelter

Catholic Charities (503) 231-4866
Helps homeless women find apartments

City Team (503) 231-9334
Men's shelter and transitional programs

JOIN (503) 232-7052
Day shelter and housing information

McDonald Center (503) 222-5720
Helps homeless people with mental health differences, studio apartments

Outside In (503) 535-3800
Shelter, Ages 18 – 23

Portland Homeless Family Solutions
(503) 595-9390
Family shelter

SAFES (Salvation Army Female Emergency Shelter) (503) 227-8681
Women's shelter

Streetlight/Porchlight (503) 224-5988
Shelter for ages 17 – 24

Transition Projects (503) 280-4700
Waitlisted shelters and daytime services

Veteran's Shelter (503) 239-1259
Men's shelter and transitional programs