

# COMMUNITY MENTAL HEALTH RESOURCES

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# CRISIS SERVICES

IMMEDIATE SUPPORT IN CRISIS SITUATIONS

CRISIS LINES

**ASSISTANCE BY PHONE**

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Multnomah County Crisis Line

24/7 Crisis help (503) 988-4888

Project Respond assistance & evaluations

[www.multco.us/mhas/mental-health-crisis-intervention](http://www.multco.us/mhas/mental-health-crisis-intervention)

Lines for Life Suicide Hotline

24/7 Crisis help 1 (800) 273-8255

Lines for Life Helpline

24/7 Crisis help 1 (800) 923-4357

Lines for Life Veterans Help

24/7 Crisis help for veterans 1 (888) 457-4838

[www.linesforlife.org](http://www.linesforlife.org)

Veterans Crisis Line 1 (800) 273-8255

\*Veterans and family members press 1

24/7 National crisis help-links info to local VA Hospital

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

Oregon Youth Line (877) 968-8491

Teen-to-teen crisis help 24/7

Text teen2teen to 839863

[www.Oregonyouthline.org](http://www.Oregonyouthline.org)

Portland Women's Crisis Line

24hr resources and support for survivors of domestic abuse  
and sexual violence 1-888- 235-5333

<http://calltosafety.org>

David Romprey Warmline

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

[www.communitycounselingsolutions.org/warmline](http://www.communitycounselingsolutions.org/warmline)

CLINICS AND HOSPITALS

**IMMEDIATE IN-PERSON ASSISTANCE**

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Cascadia Walk-In Clinic

4212 SE Division St (503) 674-7777

Voluntary walk in mental health crisis assistance

7 days/week, 7am-10:30pm

[www.cascadiabhc.org](http://www.cascadiabhc.org)

Multnomah County Health Clinics

Multiple Locations (503) 988-5558

Provides care to uninsured, low-income residents

[www.multco.us/health/primary-care-clinics](http://www.multco.us/health/primary-care-clinics)

Providence Behavioral Health

Psychiatric triage and services (503) 574-9235

[www.oregon.providence.org/our-services/p/providence-behavioral-health](http://www.oregon.providence.org/our-services/p/providence-behavioral-health)

OHSU Psychiatric Unit

3181 Sam Jackson Park (503) 494-6176

[www.ohsu.edu](http://www.ohsu.edu)

Brookside (Kaiser) Psychiatric Unit

10180 SW Sunnyside Rd. Clackamas, OR

(503) 571-9240

Emergency Services (503) 331-6425

[www.kaiserpermanente.org](http://www.kaiserpermanente.org)

Good Samaritan Psychiatric (Caremark)

1015 NW 22<sup>nd</sup> Ave (503) 413-7582

[www.legacyhealth.org](http://www.legacyhealth.org)

Caremark Behavioral Health Services

Legacy/Adventist Health (503) 413-4848

Assessment; In and Out Patient Services

[www.legacyhealth.org](http://www.legacyhealth.org)

Mult Co Crisis Assessment and

Treatment Center (CATC)

55 NE Grand Ave (503) 232-1099

24/7 Crisis mental health assistance

[www.telecarecorp.com/programs/126](http://www.telecarecorp.com/programs/126)

## BEHAVIORAL HEALTH UNIT

CENTRAL PRECINCT, ROOM 1180

BHU Lieutenant (503) 823-0813  
BHU Sergeants (503) 823-0814 /0233

Crisis Intervention Training Coordinator  
(503) 823-0817

Behavioral Health Response Teams  
(503) 823-0812

Service Coordination Team  
(503) 823-0345

[www.portlandoregon.gov/police/62135](http://www.portlandoregon.gov/police/62135)

## FAMILY MEMBER SUPPORT, EDUCATION, & ADVOCACY

ASSISTANCE FOR CONSUMERS AND FAMILIES WHEN  
NOT IN CRISIS.

National Alliance on Mental Illness  
(NAMI) Multnomah  
524 NE 52<sup>nd</sup> Ave (503) 228-5692  
Support groups, classes and resources for peers and  
family members [www.namimultnomah.org](http://www.namimultnomah.org)

NAMI Oregon 1(800) 343-6264  
4701 SE 24<sup>th</sup> Ave [www.namior.org](http://www.namior.org)

Early Assessment and Support Alliance  
(EASA)  
421 SW Oak St (503)-988-3272  
Support and services for youth 15-25 years old  
experiencing first mental health difficulties.  
[www.multco.us/mhas/easa](http://www.multco.us/mhas/easa)

Oregon Family Support Network (OFSN)  
11097 SE 21<sup>st</sup> Ave (503) 363-8068  
Support for parents of juvenile children with mental  
illness. [www.ofsn.org](http://www.ofsn.org)

Independent Living Resources  
1839 NE Couch St (503) 232-7411  
Case managers, classes and groups for those with  
mental health or other differences [www.ilr.org](http://www.ilr.org)

Disability Rights Oregon  
610 SW Broadway (503) 243-2081  
Legal advocacy [www.droregon.org](http://www.droregon.org)

Depression and Bipolar Support  
Alliance (DBSA)  
4805 NE Glisan (503) 866-9135  
Peer led, drop-in support group [www.dbsaoregon.org](http://www.dbsaoregon.org)

Mental Health America (MHA)  
10150 SE Ankeny St (503) 922-2377  
Advocacy, education programs, and information.  
[www.mhaforegon.org](http://www.mhaforegon.org)

Dual Diagnosis Anonymous of Oregon  
521 SW 11<sup>th</sup> Ave (503) 222-6484  
Peer support group with focus on 12-step program  
[www.ddaforegon.com](http://www.ddaforegon.com)

Portland Hearing Voices (413) 210-2803  
Peer support, education and training  
[www.portlandhearingvoices.net](http://www.portlandhearingvoices.net)

Brain Injury Alliance of Oregon  
[www.biaoregon.org](http://www.biaoregon.org) 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  
[www.folktime.org](http://www.folktime.org)

#### NorthStar

5600 NE Glisan St (971) 271-7273  
Clubhouse program to develop job skills and build a community with peers  
[www.northstarclubhouse.org](http://www.northstarclubhouse.org)

[www.211info.org](http://www.211info.org)

211

Information on health and social services

## ELDERLY PERSONS

### ASSISTANCE FOR DEMENTIA AND ALZHEIMERS

Alzheimers Association 1-800-272-3900  
[www.alz.org](http://www.alz.org)

Mult Co Aging and Disability Services  
Multiple Portland Locations  
[www.multco.us.ads](http://www.multco.us.ads) (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 22<sup>nd</sup> Ave (503) 239-8101  
Mental health and developmental assistance  
[www.albertinakerr.org](http://www.albertinakerr.org)

#### OHSU Child Development and

Rehabilitation Center (503) 346-0640  
700 SW Campus Dr [www.ohsu.edu](http://www.ohsu.edu)  
Diagnosis, assessment & intervention

#### Morrison Child and Family

Multiple Locations (503) 258-4381  
Services birth-18yrs [www.morrisonkids.org](http://www.morrisonkids.org)

#### Mind Matters, P.C.

Multiple locations (503) 352-0468  
Psychiatric services. Accepts private insurance  
[www.mindmattersspc.com](http://www.mindmattersspc.com)

#### Trillium Family Services

3415 SE Powell Blvd (503) 234-9591  
Mental health and developmental assistance  
Accepts private insurance and OHP  
[www.trilliumfamily.org](http://www.trilliumfamily.org)

#### STRIDE (Lifeworks NW) (971) 226-1820

low barrier community based services for homeless or transitioning youth  
<https://www.oregon.gov/oha/amh/youth-hub/Pages/lifeworks.aspx>

#### SMYRC (ages 13-23) (503) 872-9664

1220 SW Columbia St  
Sexual & Gender Minority Youth Resource Center  
[www.newavenues.org/smyrc/](http://www.newavenues.org/smyrc/)

## VETERANS

### RESOURCES FOR VETERANS AT RISK

HLP-4-VET Crisis Line (888) 457-4838  
Crisis help based here in Portland 24/7  
[www.militaryhelpline.org](http://www.militaryhelpline.org)

Veterans Suicide Hotline (800) 273-8255  
National crisis help 24/7 [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

VA Suicide Prevention Team  
3710 U.S. Veterans Hospital Rd  
[www.mentalhealth.va.gov](http://www.mentalhealth.va.gov) (503) 402-2857  
Crisis and outreach through Portland VA Medical Center

VA Medical Center OEF/OIF Program  
[www.portland.va.gov](http://www.portland.va.gov) (503) 220-8262

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

Multnomah County Veterans Services  
(503) 988-3620  
[www.multco.us/ads/veterans-services-office](http://www.multco.us/ads/veterans-services-office)

Portland Veteran Center (503) 688-5361  
Confidential/ free veteran support [www.portland.va.gov](http://www.portland.va.gov)

Central City Concern Veteran Program  
[www.centralcityconcern.org](http://www.centralcityconcern.org) (503) 226-7387  
Employment support and housing assistance for Veterans

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

Returning Veterans NW (503) 933-4996  
Free counseling [www.returningveterans.org](http://www.returningveterans.org)

PTSD consultation 1-866-948-7880  
[www.ptsd.va.gov](http://www.ptsd.va.gov)

## TREATMENT

### ASSISTANCE WITH RECOVERY

Old Town Recovery Center  
232 NW 6th Ave (503) 228-7134  
Mental health & addictions treatment for low income adults with primary care. [www.centralcityconcern.org](http://www.centralcityconcern.org)

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

Cascadia Behavioral Healthcare  
2415 SE 43rd Ave (503) 238-0705  
Mental health and addiction treatment for low income  
Takes private insurance and Oregon Health Plan (OHP)  
[www.cascadiabhc.org](http://www.cascadiabhc.org)

Cascadia Info & Referral (503) 674-7777

LifeWorks NW  
Multiple Locations (503) 645-9010  
Mental health and addiction treatment, variety of languages spoken. Takes OHP [www.lifeworksnw.org](http://www.lifeworksnw.org)

Luke Dorf  
1952 SE 122<sup>nd</sup> Ave (503) 726-3690  
Mental health and addiction housing and treatment program. Takes OHP [www.luke-dorf.org](http://www.luke-dorf.org)

Lutheran Community Services  
605 SE Cesar E. Chavez Blvd  
[www.lcsnw.org/portland](http://www.lcsnw.org/portland) (503) 231-7480  
General and multicultural services. Takes OHP and Medicare.

Western Psychological  
12636 SE Stark St. Plaza 125, Building J  
[www.westernpsych.com](http://www.westernpsych.com) (503) 253-4600  
Mental health and addiction treatment  
Takes private insurance, Medicare & OHP

# SLIDING SCALE TREATMENT COUNSELING

COUNSELING SERVICES TO ASSIST LOW INCOMES

Good Samaritan Ministries Counseling  
7929 SW Cirrus Dr. Beaverton, OR 97008  
[www.goodsamaritanministries.org](http://www.goodsamaritanministries.org) (503) 644-2339  
Religious/ faith based counseling. Payment by donation

Portland Men's Resource Center  
12 SE 14<sup>th</sup> Ave (503) 235-3433  
Men's and Women's counseling services, couples therapy. Accepts most insurance [www.portlandmrc.com](http://www.portlandmrc.com)

Mosaic Counseling Associates  
736 SE 60<sup>th</sup> Ave (503) 231-0743  
Counseling, especially for trauma. Accepts some private insurance. Low income rate available.

Northwest Catholic Counseling Center  
8383 NE Sandy Blvd. Suite 205  
[www.nwcounseling.org](http://www.nwcounseling.org) (503) 253-0964  
Counseling and medicine. All faiths welcome.

Portland Processwork Clinic  
2049 NW Hoyt St (503) 321-5002  
Counseling for individuals, couples, and families  
Flexible/ sliding payment scale  
[www.portlandprocessworkclinic.org](http://www.portlandprocessworkclinic.org)

William Temple House  
2023 NW Hoyt St (503) 226-3021  
Counseling for individuals, families, and groups  
Cost depending on income. [www.williamtemple.org](http://www.williamtemple.org)

Good News Community Health Clinic  
18000 SE Stark St (503) 489-0567  
Counseling and medications. [www.goodnewschc.org](http://www.goodnewschc.org)

NW Family Services  
6200 SE King Rd (503) 546-6377  
Counseling services. Spanish speakers available.  
Free and low cost programs [www.nwfs.org](http://www.nwfs.org)

Humanistic Counseling  
1737 NW 26<sup>th</sup> Ave (503) 948-5473  
Free and low cost counseling services, donation basis.  
[www.portlandhumanists.org](http://www.portlandhumanists.org)

Jewish Family Services  
1221 SW Yamhill St (503) 226-7079  
Counseling for individuals, couples, family, and groups  
Sliding scale costs. [www.jfcs-portland.org](http://www.jfcs-portland.org)

Mindful Experimental Therapy  
Approach (META)  
15 SE 16<sup>th</sup> Ave (503) 450-9911  
Counseling with focus on Mindful Experimental Therapy  
Parent and children groups. [www.meta-trainings.com](http://www.meta-trainings.com)

Mt. Tabor Counseling Associates  
4511 SE Hawthorne Blv (503) 232-6868  
Counseling services. Sliding scale/private insurance

Portland State University Community  
Clinic  
1900 SW 4<sup>th</sup> Ave (503) 725-4620  
Low cost Individual, couple, and family counseling.  
[www.pds.edu/coun/clinic](http://www.pds.edu/coun/clinic)

Sunnyside Counseling  
150 SE 80<sup>th</sup> Ave (503) 257-7572  
Christian counseling services. Sliding scale fees  
[www.sunnysidecounseling.com](http://www.sunnysidecounseling.com)

Wise Counsel & Comfort  
1432 E Burnside St (503) 282-0182  
Affordable counseling & therapy. Estimated sliding scale.  
Multiple locations in Portland. Accepts private insurance  
and Medicare  
<http://portland-therapist.com>

Lewis and Clark College Community  
Counseling Center  
4445 SW Barbur Blvd (503) 768-6320  
Low cost counseling services.  
[https://graduate.lclark.edu/clinics/community\\_counseling/](https://graduate.lclark.edu/clinics/community_counseling/)

Pacific University Psychological Clinic  
1411 SW Morrison St (503) 352-2400  
Low cost counseling and medicine. Services in Spanish  
Discount for students and veterans.  
<http://www.pacificu.edu/our-resources/clinics/psychology-clinics/contact-us>

## NATURAL MEDICAL OPTIONS

Applied Psychophysiology  
(503) 234-2733

Biofeedback for trauma, free for veterans  
<http://braininjuryconnections.org/information-and-resources/non-traditional-therapies/>

Sellwood Family Medicine  
1567 SE Tacoma St (503) 233-8113  
Autism and mental health differences. Naturopathic  
medicine. Accepts private insurance  
<http://www.sellwoodfamilymedicine.com/>

## CULTURALLY SPECIFIC RESOURCES

### DIVERSE CULTURE RESOURCES

OHSU Avel Gordley Center for Healing  
621 SW Alder St #520 (503) 418-5311  
Services for clients identifying with African, African  
American, and Southeast Asian cultures  
Individual and group therapy  
[http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-](http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/avel-gordly-center/)

[departments/psychiatry/divisions-and-clinics/avel-gordly-center/](http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/psychiatry/divisions-and-clinics/avel-gordly-center/)

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  
<http://www.ahscpdx.org/>

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

Puentes  
12672 SE Stark (503) 546-9975  
Case management, medication, group counseling and  
support for Hispanic youth and families.  
<http://www.centralcityconcern.org/services/health-recovery/puentes/>

Lutheran Family Services  
605 SE Cesar Chavez Blv (503) 231-7480  
Counseling for immigrant and refugee populations  
<http://www.lcsnw.org/portland/>

Russian Oregon Social Services (ROSS)  
4033 SE Woodstock Blv (503) 777-3437  
Program of Ecumenical Ministries of Oregon  
No fee for Russian speaking clients  
<http://emoregon.org/ross.php>

Native American Rehabilitation  
Association (NARA)  
1776 SW Madison (503) 224-1044  
Focus on family support through Oyate Family Services  
[http://www.naranorthwest.org/?page\\_id=15](http://www.naranorthwest.org/?page_id=15)

Immigrant and Refugee Community  
Organization (IRCO)  
10301 NE Glisan (503) 234-1541  
Assistance in overcoming language barriers to connect  
services  
<https://www.irco.org/>

Multnomah County Multi-Ethnic Services  
421 SW Oak St #510 (503) 988-3646  
<https://multco.us/ads/multi-ethnic-services>

OHSU Intercultural Psychiatric Program (IPP) (503) 494-4222  
3633 SE 35<sup>th</sup> PI  
Provides mental health services to refugee, immigrant and non-English speaking communities  
<http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/ipp.cfm>

Spanish National Suicide Prevention Lifeline 1-888-628-9454  
<http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>

## 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  
<https://depaultreatmentcenters.org/>

Central City Concern  
726 W Burnside (503) 944-4410  
Addiction treatment  
<http://www.centralcityconcern.org/>

4<sup>th</sup> Dimension Recovery  
3807 NE Martin Luther King Jr Blvd  
(971) 703-4623  
Nonprofit recovery center  
<http://4drecovery.org/>

## 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  
<https://multco.us/mhas/webform/contact-us>

Luke Dorf  
1952 SE 122<sup>nd</sup> Ave (503) 726-3690  
Group homes, apartments with staff, and regular apartments for those with mental health differences  
<http://www.luke-dorf.org/>

Cascadia (503) 674-7777  
Group homes, apartments with staff, and regular apartments for those with mental health differences  
<http://cascadiabhc.org/seeking-help/>

Central City Concern  
523 NW Everett St (503) 525-8483  
Low income apartments  
<http://www.centralcityconcern.org/services/housing/>

Human Solutions  
12350 SE Powell Blvd (503) 548-0200  
Low income apartments  
<http://humansolutions.org/>

Innovative Housing  
219 NW 2<sup>nd</sup> Ave (503) 226-4368  
Low income apartments  
<http://www.innovativehousinginc.com/>

REACH Community Development  
4150 SW Moody Ave (503) 231-0682  
Affordable Housing  
<http://reachcdc.org/>

## HOMELESS

Bradley Angle House (503) 232-1528  
Domestic Violence shelter <http://bradleyangle.org/>



Catholic Charities (503) 231-4866  
2740 SE Powell Blvd  
Helps homeless women find apartments  
<http://www.catholiccharitiesoregon.org/>

City Team (503) 231-9334  
526 SE Grand Ave  
Men's shelter and transitional programs  
<http://www.cityteam.org/>

JOIN (503) 232-2031  
1435 BE 81<sup>st</sup> Ave #100  
Day shelter and housing information <http://joinpdx.org/>

McDonald Center (503) 222-5720  
121 NW 6<sup>th</sup> Ave <http://www.macdcenter.org>  
Helps homeless people with mental health differences,  
studio apartments

Outside In (503) 535-3800  
1132 SW 13<sup>th</sup> Ave <http://www.outsidein.org/>  
Shelter, Ages 18 – 23

Portland Homeless Family Solutions  
1838 SW Jefferson St (503) 915-8306  
Family shelter <http://pdxhfs.org/>

SAFES (Salvation Army Female  
Emergency Shelter)  
30 SW 2<sup>nd</sup> Ave (503) 227-0810  
Women's shelter <http://safeshelterpdx.org/>

Janus Homeless Youth Services  
1635 SW Alder St (503) 432-3986  
Shelter for ages 17 – 24  
<http://www.janusyouth.org/programs/homeless-youth>

Transition Projects (503) 280-4700  
665 NW Hoyt  
Waitlisted shelters and daytime services  
<http://www.tprojects.org/>