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COMMUNITY MENTAL HEALTH RESOURCES

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## CRISIS SERVICES

IMMEDIATE SUPPORT IN CRISIS SITUATIONS

CRISIS LINES

### ASSISTANCE BY PHONE

Multnomah County Crisis Line  
(503) 988-4888

24/7 Crisis help  
Project Respond assistance & evaluations

Lines for Life Suicide Hotline  
1 (800) 823-4357  
24/7 Crisis help based in Portland

Lines for Life Veterans Hotline  
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  
1 (800) 698-2392  
Peer Support 10am-8pm

### CLINICS AND HOSPITALS IMMEDIATE IN-PERSON ASSISTANCE

Cascadia Walk-In Clinic  
2415 SE 43rd Ave (503) 730-2230  
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 Hospital Psychiatric Unit  
Multiple Portland Locations  
(503) 547-9242  
Psychiatric unit and day treatment program

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

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 22<sup>nd</sup> 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-  
Multnomah (NAMI)

4701 SE 24<sup>th</sup> St. (503) 228-5692  
Support groups, classes and more resources for peers  
and family members

Early Assessment and Support Alliance  
(EASA)

421 SW Oak St (503)-988-5464  
Focuses on support and services for youth 15-25 years  
old, experiencing first mental health difficulties.

Oregon Family Support Network (OFSN)  
11097 SE 21<sup>st</sup> Ave (503) 974-9025  
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 11<sup>th</sup> Ave (503) 222-6484  
Peer support group with focus on 12-step program

## **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

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 22<sup>nd</sup> 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 housing and 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

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 26<sup>th</sup> 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 16<sup>th</sup> 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 80<sup>th</sup> Ave (503) 257-7572  
Christian counseling services  
Sliding scale, \$25 processing fee

The Way of Health Holistic Clinic  
2448 SE 89<sup>th</sup> 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 12<sup>th</sup> Ave (503) 546-9975  
Case management, medication, group counseling and  
support for Hispanic youth and families.

Lutheran Family Services  
605 SE 39<sup>th</sup> 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 122<sup>nd</sup> 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

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

Innovative Housing  
219 NW 2<sup>nd</sup> 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

