



## Mental Health Resources

### Looking for a Counselor or Therapist?

Have your child's insurance information readily available and call the intake line. Be detailed about your child or family's needs and concerns. There may be a waiting list or unavailability for some providers.

#### **Morrison Child and Family Services**

(503) 258-4381

<https://morrisonkids.org/family-help/intake-information/>

Leave a voicemail on their intake line to request an appointment. Morrison offers outpatient services such as individual and/or family therapy (in their clinics and through tele-health), case management, and psychiatric assessment and medication management.

#### **Cascadia Health**

(503) 674-7777

<https://cascadiahealth.org/services/mental-health-treatment/#CFS>

Cascadia accepts new clients on the first business day of each month (i.e. July 3rd, August 1st, etc.). Please call the intake line to make an appointment, wait times can be long. Cascadia offers individual counseling, family therapy, medication management, Parent-Child Interaction Therapy (PCIT), and parenting groups.

#### **Lifeworks NW**

(503) 645-9010

<https://www.lifeworksnw.org/contact-us/#>

Lifeworks has several locations, this intake number works to schedule appointments at any location. Lifeworks can provide child and family outpatient mental health therapy services as well as psychiatric services.

#### **Trillium Family Services**

(888) 333-6177

<https://www.trilliumfamily.org/programs-and-services>

Trillium's outpatient services include individual therapy, family therapy, medication management, and skills training. They also offer a therapeutic equine program where youth receiving services can work with horses to strengthen skills and work toward therapeutic goals.

#### **LifeStance Health**

(formerly Western Psych)

Portland SE - (503) 253-4600

12636 SE Stark St.

Portland NE (Halsey) - (503) 922-6606

4224 NE Halsey

Lovejoy - (503) 563-3420

2525 NW Lovejoy St.

<https://www.westernpsych.com/locations>

LifeStance has several locations with their own intake lines listed on the website. They provide individual, family, and group therapy. They can offer psychiatric evaluations and medication management and also have psychologists, social workers and counselors available.

## Culturally Responsive Mental Health Organizations

### **SE Asian Health and Service Center**

(503) 772-5893

<https://ahscpx.org/mental-health/>

English, Cantonese, Korean, Mandarin, Vietnamese

### **OHSU Avel Gordly Center for Healing**

(503) 418-5311

<https://www.ohsu.edu/brain-institute/ohsu-avel-gordly-center-healing-portland>

Culturally sensitive care for the African and African American community

### **LifeStance Conexiones**

(503) 327-8205

3500 NE MLK Blvd

<https://www.westernpsych.com/locations/western-conexiones>

Spanish and English

### **Native American Rehabilitation**

#### **Association (NARA)**

(503) 953-6598

<https://www.narathwest.org/projects/youthmentalhealth/>

Serving Native American/Alaskan Native youth

### **OHSU Transgender Health Program**

(503) 494-7970

<https://www.ohsu.edu/transgender-health>

Provides support, information and advocacy

### **Sexual & Gender Minority Youth**

#### **Resource Center (SMYRC)**

(503) 872-9664

<https://newavenues.org/smyrc/>

Culturally specific support for LGBTQIA2S+ youth

## If you or somebody else is in crisis, please utilize these resources -

### **Cascadia Behavioral Healthcare Urgent Walk-in Clinic**

(503) 963-2575

4212 SE Division St, Suite 100

The UWIC provides short term mental health and crisis services to all individuals in Multnomah County. If someone is experiencing suicidal or homicidal ideation, they can be assessed and connected to mental health resources. Open 7am-10pm everyday.

<https://cascadiahealth.org/services/crisis-intervention/>

### **Multnomah County Crisis Call Center**

(503) 988-4888

The call center is available 24/7 to support anyone experiencing distress. You can also get help for someone else. Their trained clinicians offer support, and provide resources and referral. They can also dispatch mobile crisis services. Services are free and available in any language. All calls are confidential.

<https://www.multco.us/behavioral-health/mental-health-crisis-intervention>

### **National Suicide Prevention Lifeline**

Dial 988

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. They can help guide tough conversations and provide ideas and resources.

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

### **Oregon Youth Line**

**Talk:** (877) 968-8491

**Text:** "teen2teen" to 839863

**Chat:** OregonYouthLine.org

YouthLine is a free teen-to-teen crisis support and help line. Adults are available by phone at all times and teens are available to help other teens from 4-10pm.

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

**You can also go to your nearest emergency room if someone is in crisis and needs help.**