

Mental Health Resources

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EMERGENCY CRISIS LINE: Multnomah County Crisis Line 503.988.4888 or 1.800.716.9769 (Project Respond-the Mobile Mental Health Crisis Team- and Crisis Prevention Outreach can be accessed using these numbers)

Agency	Address	Website	Phone	Insurance & Sliding Scale	Population & Languages Served	Description of agency
Albertina Kerr	722 NE 162nd Avenue, Portland, OR 97230	http://www.albertinakerr.org/YouthampFamily/Overview.aspx	503.239.8101 or 503-408-4705	Outpatient: OHP; Psychiatric Stabilization Program (Subacute): OHP & Private insurance w/ Residential Services Benefits	Ages 1 and up Interpretation by request	Outpatient and intensive outpatient services offered in the home or school if appropriate. Medication Management (as a part of therapy) also available. Crisis Psychiatric Stabilization Services (Short term intensive residential). All major psychiatric diagnosis as covered by insurance.
Bridge City Counseling	712 SE Hawthorne Blvd, Suite 100, Portland OR 97214	www.bridgecitycounseling.com	503.954.2188	Sliding scale from \$10 \$55, accepts most private insurance	Children, teens, families	Licensed clinicians work with children, teens, families, couples and individuals. Specializes in depression, anxiety, and trauma as well as work with clients or families who are experiencing a disability.
Cares Northwest	2800 N Vancouver, Ste 201 Portland 97227	http://www.caresnw.org	503.276.9000	Services available regardless of ability to pay	Children for whom there are concerns of physical or sexual abuse, neglect, and exposure to domestic violence	Offers mental health evaluation and consultation, family support and crisis counseling services.
Cascadia Behavioral Health	Various Locations	http://www.cascadiabhc.org	503.674.7777	OHP	Ages 6-18 Interpretation by request	Counseling, dual diagnosis, and treatment.
Conexiones (Western Psychological Services)	3500 NE MLK Blvd 97211	http://www.conexionesportland.com/	503.235.8057	Most Providers, OHP(caps on Care Oregon) some sliding scale	Ages 5+ & Families English Spanish Armenian	Mental health therapy, bilingual staff, play therapy, family therapy, couples counseling, treatment groups, mental health evaluations, parenting evaluations and individual and family trauma treatment. Specialization in trauma treatment.
Dougy Center	PO Box 86852 Portland OR 97286	http://www.dougy.org	503.775.5683	No Charge - Donations	Ages 3-18 Young Adult Groups One Spanish Group	Provides peer support for children, teens, young adults and families who have experienced the death of a sibling, parent, or primary care giver. Group and individual services.
DePaul Youth and Family Center	Various Locations	https://depaultreatmentcenters.org/	503.535.1151	Private Insurance, OHP, Sliding scale based on income	Ages 13-17 and Families English Spanish	Offers outpatient, intensive outpatient, and residential mental health and drug and alcohol addiction services. Family counseling is part of the treatment and available to all families.

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Early Assessment and Support Alliance (EASA)	Various Locations	www.easacommunity.org	503.988.3272	Services available regardless of ability to pay	Ages 15-25 English Interpretation services available	The purpose of EASA is to identify youth with symptoms of psychosis as early as possible and provides the most effective support and treatment so they can be successful.
George Fox University Individual and Family Matters	112570 S.W. 69th Ave. Portland, OR 97223	www.georgefox.edu/counseling-programs/clinics/individual-family-matters.html	503.554.6060	Sliding Scale from \$20 to \$80 per session	School age children/teens and families English	Offers individual, family, couple and group therapy with supervised interns.
Harry's Mother (Janus Youth)	738 NE Davis 97232	http://www.janusyouth.org/	503.233.8111	Free counseling	Ages 13-17 Families	Provides crisis intervention, emergency shelter, and follow up care. Focus in family reunification services
Homeless Youth Continuum	Various Locations	https://multco.us/dchs-community-services/homeless-youth	503.432.3986 24 hour basis	Services available regardless of ability to pay	Ages 15-23	Coordinated system of supports and services that seek to connect youth to the larger community. Services are intended to be a late stage intervention and are available to those most affected by continued homelessness. The Continuum includes Janus Youth Programs, NAYA Family Center, New Avenues for Youth & Outside In.
Kinship House	1823 NE 8th Ave, Portland, OR 97212	http://kinshiphouse.org	503.460.2796	OHP and some private insurance accepted	School age children/teens and families	Outpatient child and family services combine ongoing consultation, therapy and education. Family therapy and consultation is provided to help parents develop the skills to support their child. Support for families addressing challenges related to adoption and foster care.
Lifeworks NW	Various Locations	http://www.lifeworksnw.org	503-645-9010	OHP: no out of pocket costs, children without insurance can receive services for free, no private insurance at this time	Ages 3 and up Interpretation services available by location	Child and family mental health counseling; Adolescent day treatment; Teen and adult alcohol and drug treatment; Prevention outreach, and young children's day treatment services.
Lewis and Clark Community Counseling Center	4445 SW Barbur Blvd 97239	http://graduate.lclark.edu/clinics/community_counseling/	503.768.6320	Sliding scale fee from \$10 - \$50 per session. The initial intake/assessment has a flat rate fee of \$15	Ages 6+ and families Limited services offered in Spanish	Services available for children and families. Please note that the center cannot provide medication or help during a mental health crisis.

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Lutheran Community Services	605 SE Cesar Chavez Blvd OR 97214	http://www.lcsnw.org	503.231.7480	OHP; Sliding Scale starting at \$50 per session; limited ability to bill private insurance	Ages 7 and up English, Spanish, Arabic, Russian, and Pharisee.	Individual, family and group counseling services for the general public as well as culturally specific services for immigrants and refugees. We have doctoral, master's, and bachelor's level bilingual and cultural clinicians, two medication providers, and bilingual and bicultural intake and reception staff.
Me, Too	PO Box 10796 Portland OR 97296	metoo@oregonhospice.org	503.228.2104	Free support groups	Children, teens, guardians	8 week free grief and bereavement support groups for children, teens, and adult guardians.
Morrison Child and Family Services	500 NE Irving, Ste 250 97232	http://www.morrisonkids.org/families+seeking+help.aspx	503.258.4555	OHP Only	Ages Birth-18 English Spanish	Comprehensive continuum of mental health, substance abuse and prevention services for children from birth through age 18. Mental health services in the community and schools includes coming to families wherever they need us most. Home and school based services include assessments, therapy, case management, and consultation for teachers, parents and/or guardians.
NAMI Multnomah	524 NE 52nd Ave. Portland, OR 97213	http://namimultnomah.org/	503.228.5692	Free support groups and classes	18 and up	Parent support groups, classes, and general mental health resource navigation.
Native American Rehabilitation Association (NARA)	1776 SW Madison St Portland OR 97205	http://www.naranorthwest.org/	503.224.1044	OHP, private pay, and some insurances accepted	Ages Birth-21 Native population English and Interperation	Peer support groups, Family Therapy, Mental Health Counseling and Medication if needed (as part of therapy).
Northwest Catholic Counseling Center	8383 NE Sandy Blvd. Suite 205 97220	www.nwcounseling.org	503.253.0964	Limited OHP, most private insurance, and sliding scale fee based on income starting at \$20 per session.	Children, Teens, Families Dependent on Counselor	Mental Health Counseling, Typical issues include: abuse, anger, anxiety, behavioral, grief, depression, self-esteem, sexuality, stress and parenting. Medication prescribing available.
Options Counseling and Family Services	10011 SE Division St., #202 97266	http://www.options.org/	503.335.5975	OHP and some insurance accepted	Ages 6-18 and families Limited Spanish Interpretation services available	Individual and family therapy for children, adolescents, and their families. Some groups offered.

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Oregon Health Science Univ. (OHSU)	3181 SW Sam Jackson Park Rd 97239	http://www.ohsu.edu	503.494.6176	OHP for Multnomah County ONLY (youth services)	Ages 4-18 Interpretation/Signing by request	Care and consultation for childhood mental health disorders (including ADHD) . Diagnostic evaluation, parent guidance, child and adolescent therapy, family therapy, medication evaluation and treatment.
OHSU Intercultural Traumatic Stress Center	2201 Lloyd Center Suite 2214 97232	http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/ipp.cfm	503.494.4222	Children (OHP Family Care and Open Card) Adults (all OHP and some uninsured)	Children and Adults	Intercultural Psychiatric Program (IPP)-Immigrant and refugee children and adults who have experienced trauma. Provides culturally sensitive mental health services to immigrant, refugee and ethnic communities with an emphasis on individuals and families whose first language is not English.
Pacific Psychology Clinic	1411 SW Morrison, Ste 310 97205	www.pacificu.edu/spp/clinic/scheduling.cfm	503.352.2400	Sliding scale from \$20 to \$50 (\$50 initial intake)	Children, Families, Groups English	Outpatient assessment and therapy services to children, adolescents, adults, couples and families. Testing and assessment for learning disabilities, ADHD, and diagnostic clarification. therapists are advanced doctoral psychology students supervised by experienced, licensed psychologists
Portland State University Community Counseling Clinic	615 SW Harrison 97202	www.pdx.edu/coun/clinic	503.725.4620	\$15 per session. Reduced fees can be negotiated in cases of financial hardship	Families, Individuals, Children Dependent on Counselor	Counseling provided by counseling interns and graduate students
River's Way Clinic	2049 NW Hoyt 97206	www.processwork.org	503.321.5127	Sliding scale from \$25 to \$80	Families, Individuals English	Counseling for families provided by counseling interns
Suicide Bereavement Support, Inc.	Various Locations	www.sbsnw.org	503.200.0382	Free support groups	Teens and adult (14-17 must be accompanied by an adult)	Free suicide bereavement support groups. No registration needed to join groups.
Sunnyside Counseling	150 SE 80 97216	http://sunnysidecounseling.com/index.html	503.257.7572	Sliding scale \$20-\$100 per session (limited \$20 slots)	Children, Teens, Families English	Mental Health Counseling, Anger management, parenting, depression, anxiety
Trillium Family Services	3415 SE Powell Blvd, 97202	http://www.trilliumfamily.org/	888.333.6177	Most major private providers, OHP, and CCOs	Ages 5-17 English Spanish	Mental health therapy, depression, anxiety, other childhood disorders, family therapy, prescribe medications, residential services, day treatment, and in home therapy, some bilingual staff.

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Western Psychological Services	12636 SE Stark St Building J. 97233	http://www.westernpsych.com/	503.624.2600	Private and managed care insurance, and OHP	Ages 6+ and families English Spanish	Psychological Testing and Evaluations, Family Therapy, Play Therapy, Child and Adolescent Therapy, Drug and Alcohol Assessment.
William Temple House	2023 NW Hoyt 97232	www.williamtemple.org	503.226.3021	Free and sliding scale \$5 to \$30, must complete application. No one turned away for inability to pay	Families, Individuals, Children Dependent on Counselor	Counseling is available for families, couples and individuals.
Wise Counsel and Comfort	Various Locations	http://portland-therapist.com	503.282.0182	Sliding scale \$20-\$60 per session, depending on counselor	Ages 5+ and families English, Spanish, Japanese	Personal counseling, family counseling. Website lists a number of private therapists and their specialties. Several therapists offer sliding fee services.
211 Info	N/A	211info.org	Dial 2-1-1 (cell phones only)	N/A	N/A	Callers will receive guidance on accessing services and meeting eligibility guidelines for various community resources pertaining to food, clothing, utility assistance, etc.

School Based Health Clinics are available to all PPS students no matter where they attend school.
Cleveland HS, Franklin HS, Grant HS, Jefferson HS, Madison HS, Roosevelt HS, Cesar Chavez K-8, George MS, Harrison Park K-8, Lane MS
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