

COMMUNITY MENTAL HEALTH RESOURCES



The resources contained herein are independent of the Portland Police Bureau and were reviewed as of December, 2022. This information may be subject to change at any time. Please be advised that this is the final version that PPB will be creating. Hereafter PPB will provide a resource sheet with QR codes directing individuals to additional resources available.

CRISIS SERVICES

IMMEDIATE SUPPORT IN CRISIS SITUATIONS

*CRISIS LINES:

Suicide and Crisis Lifeline – **DIAL 988**

Multnomah County Behavioral Health Call Center Formerly known as the **Multnomah County Crisis Line**

24/7 Crisis Help **(503) 988-4888**

24/7 Child Abuse Hotline **(503) 731-3100**

Project Respond Assistance & Evaluations

www.multco.us/mhas/mental-health-crisis-intervention

Clackamas County Crisis Line

24/7 On Call Crisis Help **(503)655-8585**

Child Abuse Hotline **(971)673-711 2**

OR CALL 1-855-503-SAFE (7233)

<https://www.clackamas.us/behavioralhealth/services.html>

Washington County Crisis Line

24/7 Crisis help **(503) 291-9111**

Child Abuse Hotline **(503) 681-6917**

OR CALL 1-855-503-SAFE (7233)

[Mental Health Services \(washington.or.us\)](http://MentalHealthServices(washington.or.us))

Southwest Washington Crisis Line

24/7 On call crisis help **1-800-626-8137**

[Clark County Crisis Services | Clark County \(wa.gov\)](http://ClarkCountyCrisisServices|ClarkCounty(wa.gov))

Lines for Life Alcohol & Drug Helpline

24/7 Crisis help

1-800 923-4357/ TEXT "RecoveryNow" to 839863

Lines for Life Military Helpline

24/7 Crisis help for military members and their families

1-888 457-4838 OR TEXT "MIL1" to 839863

www.linesforlife.org

Lines for Life Suicide Hotline

24/7 Crisis help

1-800-273-8255 OR TEXT '273TALK' TO 839863

www.linesforlife.org

Lines for Life YouthLine

24/7 Teen crisis help **1-877-968-8491**

OR TEXT 'teen2teen' to 839863

www.oregonyouthline.org

Veterans Crisis Line 1-800-273-8255

*Veterans and loved ones press 1

OR SEND A TEXT TO 838255

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

www.veteranscrisisline.net (chat function also available)

Call to Safety Formerly known as the **Portland Women's Crisis Line**

24/7 resource and support for survivors of domestic abuse and sexual violence **1-888-235-5333**

<http://calltosafety.org>

Raphael House of Portland

Resources and support for survivors of domestic violence - 24/7 hotline **(503) 222-6222**

<https://raphaelhouse.com/get-help/>

David Romprey Warmline

1-800-698-2392

7 days/week peer support from 9am-11pm

(now accepting calls from any out-of-state #)

<https://ccswebsite.org/warmline/>

***HOSPITAL EMERGENCY DEPARTMENTS & URGENT WALK-IN CLINICS:**

IN- PERSON ASSISTANCE -

Unity Center for Behavioral Health
1225 NE 2nd Ave.
Portland, OR 97232
(503) 944-8000

24/7 walk in mental health crisis assistance & inpatient care www.unityhealthcenter.org

Urgent Walk-In Clinic (Cascadia)
4212 SE Division St., Ste. 100,
Portland, OR 97206 (503) 674-7777

Voluntary walk in mental health crisis assistance
7 days/week, 7am-10:30pm 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

Providence Behavioral Health
24/7 Psychiatric triage & services
(503) 574-9235

Cedar Hills Hospital 10300 SW
Eastridge St

Available 24/7 **(503) 944-5000**

Outpatient Services **(971) 228-8000**

24/7 assessment center for addiction and mental health treatment

<http://cedarhillshospital.com/>

Brookside (Kaiser) Psychiatric Unit
10180 SE Sunnyside Rd. Clackamas,
OR (503) 571-9240

24/7 Emergency Services

(503) 331-6425

www.kaiserpermanente.org

Sequoia Mental Health Services
4585 SW 185th Ave. Aloha, OR
97078 (503) 619- 1560

Mental health and addiction treatment, accepts walk-ins. Takes private insurance, Medicare, and OHP
www.sequoiamhs.org

Clackamas Mental Health Center –
Urgent Walk-In Clinic

11211 SE 82nd Ave, Suite O
Happy Valley, OR 97086
(503)655-8585

Walk-in mental health crisis assistance:

Mon-Fri, 9am-7pm / Sat-Sun, 10am-7pm

[Urgent Mental Health Walk-In Center | Clackamas County](#)

*** ONGOING CRISIS TREATMENT:**

Multnomah County Crisis and
Assessment Treatment Center
(CATC)

55 NE Grand Ave

(503) 232-1099

Mental health inpatient treatment facility

<https://multco.us/mhas/multnomah-county-crisis-assessment-and-treatment-center-catc>

MEDICATION IDENTIFICATION

RESOURCES TO AID IN IDENTIFYING MEDICATIONS

Poison Control 1-800-222-1222

24/7 Poison Emergencies

Smart Phone Applications:

Epocrates

Free application. Clinical resources, medication identification, insurance information

Psych Drugs

Free application. Learn about psychotropic medications such as antidepressants, antipsychotics, etc.

Online resources:

Drugs.com

Free application, medication guide
<https://www.drugs.com/>

WebMD

Free application. Health information, symptom checker, drugs, and treatment information
<https://www.webmd.com/pill-identification/default.htm>

FAMILY MEMBER SUPPORT, EDUCATION & ADVOCACY

ASSISTANCE FOR CONSUMERS AND FAMILIES
WHEN NOT IN CRISIS

National Alliance on Mental Illness (NAMI) Multnomah

524 NE 52nd Ave (503) 228-5692
Support groups, classes, and advocacy for peers
and family members www.namimultnomah.org

NAMI Oregon

4701 SE 24th Ave, Suite E
Portland, OR 97202 1-800-343-6264
www.namior.org

The Dougy Center

3909 SE 52nd Ave (503) 775-5683
Offers grief support groups, classes, and resources
for peers and family members www.dougy.org

Early Assessment & Support Alliance (EASA)

2951 NW Division St, Suite 200
Gresham, OR 97030 (503) 988-3272

Treatment and support for youth ages 15-25
experiencing the initial onset of mental health
symptoms www.multco.us/mhas/easa

Oregon Family Support Network (OFSN) 1300 Broadway St NE # 403

Salem, OR 97301 (503) 363-8068
Support for parents of juvenile children with mental
illness www.ofsn.org

Independent Living Resources

1839 NE Couch St (503) 232-7411
Advocacy, resource information, peer counseling,
and skills training for those with disabilities
www.ilr.org

Disability Rights Oregon 610 SW Broadway, Suite 200

Portland, OR 97205 1-800-452-1694
Legal assistance for those with disabilities
www.droregon.org

Depression and Bipolar Support Alliance (DBSA)

Peer-led support groups **1-800-826-3632**
<http://www.dbsalliance.org/>
For local support group information, search here:
<http://www.dbsalliance.org/findsupport> or email
dbsaportlandeastside@gmail.com

Mental Health and Addiction Association of Oregon (MHA AO), 10373 NE Hancock St., Suite 106

Portland, OR 97220
(503) 922-2377
Peer services for those experiencing mental health
and/or addiction challenges are provided at no cost
within the greater Portland, OR metropolitan area

(Clackamas, Multnomah, and Washington counties) through [EVOLVE](#) and [Pathway Home](#) programs. [MHAHO - Mental Health & Addiction Association of Oregon \(mhaoforegon.org\)](#)

Dual Diagnosis Anonymous of Oregon 521 SW 11th Ave (2nd floor) Portland, OR 97205 (503) 222-6484
Peer support group with focus on a 12 Step Plus 5 program [www.ddaoforegon.com](#)

Portland Hearing Voices
Offers mental health support groups
Main Contact: Kate Hill (Refer to Website)
[www.portlandhearingvoices.net](#)

Brain Injury Alliance of Oregon
[www.biaoregon.org](#) **1-800-544-5243**
Brain injury prevention, advocacy, research, and support

[Home \(gettrainedtohelp.com\)](#) Tri-county resource for training on helping persons with mental illness and suicide intervention

COMMUNITY SUPPORT

ASSISTANCE FOR CONSUMERS AND FAMILIES WHEN NOT IN CRISIS

311 info 3-1-1

- Email 311@portlandoregon.gov
- Phone at 3-1-1 or (503) 823-4000 within Multnomah County
- In-person at the Portland Building's Customer Service Desk at 1120 Southwest Fifth Avenue.

PDX 311 staff can be reached **Monday through Friday from 7:00 a.m. to 8:00 p.m.**, excluding federal holidays, by phone or email. Staff are fluent in English, Spanish, Romanian, and Tagalog and

have resources to assist community members in additional languages.

Aids with any question or service (except emergencies - call 911!) for local government within Multnomah County.
[About PDX 311 | Portland.gov](#)

211info 2-1-1

Information on health and social services General resource information Mon-Fri 8am-6pm 24/7 Multnomah County Shelter Line [www.211info.org](#)
TEXT your zip code to 898211 EMAIL help@211info.org
*Free 211info App

FolkTime

4837 NE Couch St (503) 709-2450
Mental health recovery through art, music, lunch, games with peers, and other fun activities
[www.folktime.org](#)

NorthStar

5600 NE Glisan St (971) 271-7273
Mental health recovery program, skill building, provides opportunities for employment and education [www.northstarclubhouse.org](#)

ELDERLY PERSONS

INFORMATION AND ASSISTANCE FOR OLDER ADULTS AND ADULTS WITH DISABILITIES

Alzheimer's Association

24/7 Helpline 1-800-272-3900
[www.alz.org](#)

Multnomah County Aging and Disability Resource Connection (ADRC)

24/7 Helpline (503) 988-3646
Information, referral, and assistance to older adults, those with disabilities, and caregivers
<https://multco.us/ads> ADRC Database:
<https://www.adrcforegon.org/consite/search.php>

JUVENILE TREATMENT OPTIONS

ASSISTANCE FOR CHILDREN AND TEENS

Albertina Kerr

(503) 408-4705 [Select Option 1] Mental health and developmental assistance www.albertinakerr.org

Early Intervention & Early Childhood Special Ed (EI/ECSE) (503) 947-5703

Free statewide programs for young children with developmental issues and disabilities to enhance communication, cognitive development, social skills, and more.

www.ode.state.or.us/search/results/?id=252

Mind Matters, P.C.

Multiple Locations (503) 352-0468

Psychiatric services, accepts private insurance
www.mindmatterspc.com

Morrison Child & Family Services Multiple Locations 503-258-4200

Works with children and young adults ages birth-21
www.morrisonkids.org

Northwest Behavioral Healthcare Services 1-800-527-3303

Residential services for youth ages 12 to 17 with a dual diagnosis of substance abuse and behavioral health. www.northwestbhs.com

Northwest Family Services 6200 SE King Rd. (503) 546-6377

Counseling, job readiness and placement, work solutions, youth mentoring, gang prevention, healthy relationship education, parenting, anger management, & more www.nwfs.org

OHSU Child Development & Rehabilitation Center (CDRC) 700 SW Campus Dr. (503) 346-0640

Diagnosis, assessment, and intervention
www.ohsu.edu

Sexual & Gender Minority Youth Resource Center (SMYRC) 1220 SW Columbia (503) 872-9664

Works with ages 13-23
www.newavenues.org/smyrc/

STRIDE (Lifeworks NW) (503) 619- 9007

Intake line is available 7 days/ week, 10am- 8pm
Community-based, youth program, ages 14-24 — any youth within this age bracket in Clackamas, Multnomah, or Washington County is welcome
<https://www.oregon.gov/oha/amh/youth-hub/Pages/lifeworks.aspx>

Trillium Family Services

Multiple Locations 1-888-295-6996

Children and youth mental and behavioral healthcare Accepts private insurance and OHP
www.trilliumfamily.org

VETERANS

RESOURCES FOR VETERANS AT RISK

Military Helpline 1-888-457-4838

24/7 Crisis help (based in Portland)

CAN ALSO TEXT "MIL1" TO 839863

www.militaryhelpline.org

Veterans Crisis Line 1-800-273-8255

*Veterans and loved ones press 1

OR SEND A TEXT TO 838255

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

www.veteranscrisisline.net

VA Portland Health Care System
3710 SW U.S. Veterans Hospital Rd.
Portland, OR 97239 503-220-8262

VA Suicide Prevention Team
(503) 402-2857 www.veteranscrisisline.net

Provides information and connection to drop-in suicide support groups for veterans, (e.g., "Wise Warriors"), offers lectures on topics related to suicide, and more

Transition and Care Management Program Formally known as OEF/OIF/OND
3710 SW U.S. Veterans Hospital Rd.
Building 101, Room 107

www.portland.va.gov **(503) 273-5075**

Walk-in hours: Mon-Thurs 8am-4pm
For those transitioning from the military, to the VA healthcare system

VA Housing Programs/ HUD-VASH Community Resource & Referral Center **308 SW 1st Ave**
(503) 808-1256
Portland, OR 97204

Walk-in hours: Mon, Tues, Wednesday, Friday 8am- 3pm; Thurs 10am- 3pm Provides information about various VA housing programs for homeless veterans or those at risk of homelessness. Those eligible work with a social worker to find out what housing program is best. The CRRC also offers primary and mental health care.

VA Housing Programs/ HUD-VASH Community Reintegration Services **1601 E Fourth Plain Blvd**
Vancouver, WA 98661
(360) 696- 4061 - Ext. 31274

Walk-in hours: Mon 8am- 2pm; Thurs 10am-2pm Provides information about various VA housing programs for homeless veterans or those at risk of homelessness. Those eligible work with a social worker to find out what housing program is best.

Multnomah County Veterans' Services Multiple Locations
(503) 988-8387

Provides benefits information, assistance, and advocacy to veterans and their families
<https://multco.us/veterans-services>

Portland Veteran Center
1505 NE 122nd Ave (503) 688-5361

Walk-in hours: Mon- Fri 1pm- 2pm
Confidential/ free veteran support (no medical advice or information) www.portland.va.gov

Central City Concern Veteran Program
www.centralcityconcern.org **(503) 621- 2180**
(this # is subject to change)

Partners with the Employment Access Center, and the goal of the program is to get homeless veterans housed, access to benefits, and employment.

**Orientation every Friday at the VA CommunityResource and Referral Center (CRRC), 9am-12pm*

Returning Veterans Project
www.returnsveterans.org **(503) 954-2259**

Free/confidential mental health and healthcare services for post-9/11 veterans, service members, and their families in Oregon and Southwest Washington

Military OneSource
24/7 Info & Support **1-800-342-9647**
<http://www.militaryonesource.mil/>

PTSD Resource Information:
<https://www.ptsd.va.gov/public/where-to-get-help.asp>

TREATMENT AND SUPPORT FOR ADDICTION

ASSISTANCE WITH RECOVERY, REHABILITATION AND SERVICES

Multnomah County Health Clinics
Multiple Locations (503) 988-5558
Provides care to uninsured, low-income residents
www.multco.us/health/primary-care-clinics

Mental Health and Addiction Association of Oregon (MHA AO)
(503) 922-2377
Peer services for those experiencing mental health and/or addiction challenges are provided at no cost within the greater Portland, OR metropolitan area (Clackamas, Multnomah, and Washington counties) through [EVOLVE](#) and [Pathway Home](#) programs.
[MHA AO - Mental Health & Addiction Association of Oregon \(mhaaoforegon.org\)](http://mhaaoforegon.org)

Lines for Life Alcohol & Drug Helpline
1-800 923-4357/ Text "RecoveryNow" to 839863
24/7 crisis intervention, treatment referral, and chemical- dependency information
<https://www.linesforlife.org/get-help-now/>

Portland Alcoholics Anonymous
825 NE 20th Ave, Suite 200
Hours of operation: Mon-Fri 9am- 5pm
24/7 Hotline **(503) 223-8569**
Call for meeting locations or to talk to someone in recovery. www.pdxaa.org

The Alano Club of Portland
909 NW 24th Ave (503) 222-5756
Numerous support meetings, regular recovery workshops, wellness seminars, yoga and

meditation classes, sober social events, and more
www.portlandalano.org

Comprehensive Treatment Centers Opioid Use Disorder Programs – Portland, OR
Multiple Locations 1-866-247-7183
24/7 appointment scheduling
Daily dosing clinic (maintenance to detox) for individuals attempting to overcome a dependence upon opioids.
Offers group and individual counseling.
<http://www.portlandctc.com/location/portland/>

Hooper Detox Stabilization Center
1535 N Williams Ave (503) 238-2067
Patients receive 4-10 days of medical treatment for early withdrawal symptoms.
<http://www.centralcityconcern.org/services/health-recovery/hooper-detoxification-center/>

FORA Health Treatment & Recovery
-Adult Services - 10230 SE Cherry Blossom Dr. Portland, OR 97216
-Outpatient & DUII Services
205 SE 3rd Avenue, Suite 100 Hillsboro, OR 97123
Multiple Locations (503) 535-1151
Addiction treatment for youth and adults; Accepts private insurance, OHP (attempts to work with providers) <https://forahealth.org/>

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

4th Dimension Recovery Center
3807 NE MLK Jr Blvd
(971) 703-4623

Recovery center (all ages) and peer mentorship for people ages 35 and under who are addicted to drugs and alcohol <http://4drecovery.org/>

Salvation Army Adult Rehabilitation (971) 230-5300 Call to setup an appointment
Six months- 1-year alcohol and drug rehabilitation program with a work therapy component; residential program is for men only
www.satruck.org

Old Town Recovery Center
33 NW Broadway St (503) 228-7134
Walk-in hours for intake screenings:
Mon, Tues, Thurs, Fri; 10am-noon & 1pm-3pm
Mental health and addiction treatment for low income adults www.centralcityconcern.org

Cascadia Behavioral Healthcare
Multiple Locations (503) 238-0705
Mental health and addiction treatment for low income individuals; Takes private insurance and Oregon Health Plan (OHP) www.cascadiabhc.org
Walk-in Services:
4212 SE Division St (503) 963- 2575
Available Mon- Sun 7am-10pm

Cascadia Info & Referral
Can call for intake **(503) 674-7777**

LifeWorks NW
Multiple Locations (503) 645-9010
Mental health and addiction treatment for a wide range of age groups; several languages spoken; takes OHP www.lifeworksnw.org

Lutheran Community Services NW
605 SE Cesar E. Chavez Blvd
www.lcsnw.org/portland **(503) 231-7480**
Offers mental health counseling and alcohol/drug programs; takes OHP

Western Psychological & Counseling Services
<https://www.westernpsych.com/> **(503) 253-4600**

Only the Gladstone, Beaverton, and Vancouver locations work with addiction treatment. The MLK & Fremont, as well as the Gresham location, work with alcohol/ drug addiction specifically with Latino populations. *Accepts private insurance, Medicare, & OHP*

Sequoia Mental Health Services
4585 SW 185th Ave. Aloha, OR
97078 (503) 619- 1560

Mental health and addiction treatment, accepts walk-ins. Takes private insurance, Medicare, and OHP
www.sequoiamhs.org

Native American Rehabilitation Association (NARA)
1776 SW Madison St (503) 224-1044
Offers health services, substance abuse treatment, and other social services to Native Americans and Alaska Natives who are low income or homeless
<https://www.nhchc.org/directory/native-american-rehabilitation-association-northwest/>

Puentes
12672 SE Stark (503) 546-9975
Bilingual staff available for alcohol, drug, and mental health treatment; youth alcohol and drug treatment are also available. The program only serves Latino clients.
<http://www.centralcityconcern.org/services/health-recovery/puentes/>

COUNSELING & MENTAL HEALTH TREATMENT

LOW INCOME COUNSELING SERVICES

Multnomah County Health Clinics
Multiple Locations (503) 988-5558
Provides care to uninsured, low-income residents
www.multco.us/health/primary-care-clinics

Cascadia Behavioral Healthcare
Multiple Locations (503) 238-0705
Mental health and addiction treatment for low income individuals; Takes private insurance and Oregon Health Plan (OHP) www.cascadiabhc.org
Walk-in Services:
4212 SE Division St (503) 963- 2575
Available Mon- Sun 7am-10pm

Cascadia Info & Referral
Can call for intake **(503) 674-7777**

Good News Clinic
18000 SE Stark St (503) 489-0567
Counseling services; alternative payment options can be arranged for those without insurance
www.goodnewschc.org

Good Samaritan Ministries
www.goodsamaritanministries.org
(503) 644-2339
Religious/ faith-based counseling; operates on a donation basis

Humanist Counseling Services
2545 SW Terwilliger Blvd
www.portlandhumanists.org (503) 948-5473
Non- faith based, free counseling services; donations accepted

Jewish Family & Child Service 1221 SW Yamhill, Suite 301
(503) 226-7079 Ext. 124
www.jfcs-portland.org
Counseling for individuals, couples, and families; provides sliding scale and discount rates for those without insurance & accepts Medicare

Lewis & Clark Community Counseling Center
4445 SW Barbur Blvd
(503) 768-6320
Open Hours: Mon-Fri 9am -8pm; Sat 10am-2pm
Offers a variety of counseling services; affordable, sliding scale fees
https://graduate.lclark.edu/clinics/community_counseling/

Luke-Dorf
Multiple Locations (503) 726-3690
Provides wraparound services and treatment support for those with severe and persistent mental illness; licensed residential services; takes OHP
www.luke-dorf.org

Men's Resource Center
12 SE 14th Ave (503) 235-3433
Offers counseling services for men, women, couples, and families; accepts most insurance plans www.portlandmrc.com

M.E.T.A. Counseling Clinic
www.meta-trainings.com **503-450-9999**
Counseling with a focus on Mindful Experiential Therapy Approaches; serves a wide range of age groups; also provides services in Spanish

Northwest Catholic Counseling Center 8383 NE Sandy Blvd, Suite 205, (503) 253-0964
www.nwcounseling.org
Offers individual, couple, child, and family counseling; all faiths welcome

Northwest Family Services
6200 SE King Rd (503) 546-6377
Counseling services; Spanish speakers available; Free and low-cost programs www.nwfs.org

Pacific Psychology & Comprehensive Health Clinic
Portland Clinic: 503-352-2400

Hillsboro Clinic: 503-352-7333

Affordable services available

<http://www.pacificu.edu/ourresources/clinics/psychology-clinics/contact-us>

Portland Processwork Clinic

2049 NW Hoyt St (503) 321-5002

Counseling for individuals, couples, families, and groups; sliding scale payment option available

www.portlandprocessworkclinic.org

Portland State University

Community Counseling Clinic

1900 SW 4th Ave (503) 725-4620

Low-cost services; the counselors are supervised practicum students www.pdx.edu/coun/clinic

Quest Center for Integrative Health

2901 E. Burnside 503-238-5203

Offers individual, couples, and group therapy, among other services; accepts Medicare & OHP

<http://quest-center.org/>

Sunnyside Counseling Offices

1306 NW Hoyt St #305 (503) 819-4231

Individual, couple, family, and group counseling

www.sunnysidecounseling.com

William Temple House

**2023 NW Hoyt St (503) 226-3021
Ext. 1220**

Counseling for individuals, families, couples, and groups; sliding scale payment anywhere from \$5-30

www.williamtemple.org

Wise Counsel & Comfort

Multiple Locations (503) 282-0182 Affordable counseling & therapy; call to inquire about payment options <http://portland-therapist.org/>

Sequoia Mental Health Services

**4585 SW 185th Ave. Aloha, OR
97078 (503) 619- 1560**

Mental health and addiction treatment, accepts walk-ins. Takes private insurance, Medicare, and OHP

www.sequoiamhs.org

**ADAPT Program 3400 Main St
Vancouver, WA 98663**

(360) 696-5300

Voluntary day treatment facility for mental health Monday-Friday, 8am-4pm

<https://www.peacehealth.org/southwest/services/behavioral-health/Pages/adapt>

LifeWorks NW

Multiple Locations (503) 645-9010

Mental health and addiction treatment for a wide range of age groups; several languages spoken; takes OHP www.lifeworksnw.org

**Native American Rehabilitation
Association (NARA)**

1776 SW Madison St (503) 224-1044

Offers health services, substance abuse treatment, and other social services to Native Americans and Alaska Natives who are low income or homeless

<https://www.nhchc.org/directory/native-american-rehabilitation-association-northwest/>

NATURAL

MEDICAL OPTIONS

8 Hearts Health & Wellness

5331 SW Macadam Ave, Suite 380

<http://8hearts.org/> (503) 894-9118 Offers services such as acupuncture, nutritional counseling, and neurofeedback; *inquire into which services are free for veterans

Sellwood Family Medicine
1567 SE Tacoma St (503) 233-8113
Offers a variety of healthcare services
<http://www.sellwoodfamilymedicine.com/>

CULTURALLY SPECIFIC RESOURCES

**Spanish National Suicide
Prevention Lifeline (Nacional de
Prevención del Suicidio)**
24/7 Support **1-888-628-9454**
<http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>

Asian Health & Service Center
Multiple Locations
Portland Location (503) 872-8822
Social, support, and mental health services;
services are all inclusive and there are multiple
language options <http://www.ahscpd.org/>

Conexiones
3500 NE MLK Blvd, Suite 200
(503) 327-8205
Bilingual (Spanish/English) mental health providers
who specialize in multicultural counseling and
trauma
<https://www.westernpsych.com/services/western-conexiones>

Lutheran Community Services NW
605 SE Cesar E. Chavez Blvd
(503) 231-7480
Variety of services for immigrants and refugees
<http://www.lcsnw.org/portland/>

**Native American Rehabilitation
Association (NARA)**

1776 SW Madison St (503) 224-1044
Offers health services, substance abuse treatment,
and other social services to Native Americans and
Alaska Natives who are low income or homeless
<https://www.nhchc.org/directory/native-american-rehabilitation-association-northwest/>

**OHSU Avel Gordly Center for
Healing 621 SW Alder, Suite 520**
(503) 418-5311
Offers culturally specific mental health services,
although is inclusive of all races and ethnicities
<http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/avel-gordly-center/>

**OHSU Intercultural Psychiatric
Program 2214 Lloyd Center (503)**
494-4222 Provides mental health services to
refugees, immigrants, and non-English speakers
[http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/psychiatry/divisions-and-clinics/ipp.cfm](http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/ipp.cfm)

Puentes
12672 SE Stark (503) 546-9975
Bilingual staff available for alcohol, drug, and
mental health treatment; youth alcohol and drug
treatment are also available. The program only
serves Latino clients.
<http://www.centralcityconcern.org/services/health-recovery/puentes/>

Russian Oregon Social Services
(ROSS) 4033 SE Woodstock Blvd
(503) 777-3437
Bilingual staff to support Russian refugees and
immigrants; services are free and include crisis
counseling and response, immigration legal
services, housing assistance, and more
<http://emoregon.org/ross.php>

**The Immigrant & Refugee
Community Organization (IRCO)
10301 NE Glisan St (503) 234-1541**

Provides wraparound services for immigrants, refugees, and the community at large through more than 150 culturally specific programs that help newcomers achieve self-sufficiency www.ircoco.org

Imani Center

709 NW Everett St (503) 226-4060

Provides mental health and addiction treatment for the Black and African American community. The Imani Center offers individual and group counseling, peer support and limited case management.

<https://centralcityconcern.org/recovery-location/imani-center/>

**Karibu Stabilization Program
2020 SE Powell Blvd.**

Karibu provides individualized, culturally specific stabilization and treatment preparation (STP) services for Black/African American adults (18+) who are involved or at-risk of involvement with the criminal justice system and have behavioral health needs. The program currently has an outreach team, and will be offering an on-site supportive housing team supporting 14-20 participants living on-site in fall 2022.

<https://centralcityconcern.org/health-care-location/karibu-stabilization-program/>

**NW Instituto Latino De Adicciones
10209 SE Division BLDG: B Suite:
100 (503) 719-7609**

The NW Instituto Latino Support Center offers bilingual, long-term, barrier-free, culturally specific, Spanish/English addiction recovery support services for the entire Latino/o/x and Spanish-speaking community in the Portland area.

[NWIL | NWIL \(nwilpdx.com\)](http://NWIL|NWIL(nwilpdx.com))

HOUSING

LOW COST LIVING OPTIONS

Cascadia

Waitlist Phone Line **(503) 232- 6971**

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 housing for homeless individuals and families in recovery, people with mental health issues, those living with HIV/AIDS or other disabling conditions, or those who have a criminal history; a few low-income housing options are also available for anyone in the general community

<http://www.centralcityconcern.org/services/housing/>

Hacienda Community Development

6700 NE Killingsworth St

(503) 595-2111

<http://www.haciendacdc.org/housing-development>

Human Solutions

Multiple Locations (503) 548-0200

Low income housing <http://humansolutions.org/>

Innovative Housing

Multiple Locations (503) 226-4368

Low income housing for individuals and families <http://www.innovativehousinginc.com/>

Maybelle Center for Community

Multiple Locations (503) 222-5720

Low income housing <http://www.maybelcenter.org>

Outside In

<http://www.outsidein.org/> **(503) 432-3986**

Call the listed intake # through the Access Center in order to inquire about transitional housing for youth ages 18 -24

**REACH Community Development
Multiple Locations**

(503) 231-0682 Low income housing
<http://reachcdc.org/>

HOMELESSNESS

SHELTERS AND HOMELESS DROP-IN FACILITIES

**Janus Youth Programs/ Harry's
Mother 738 NE Davis St (503) 233-
8111**

24/7 crisis intervention & short-term emergency
shelter for youth ages 9 to 17
<http://www.janusyouth.org/programs/runaway-youth>

**Janus Youth Programs/ Porch Light
1635 SW Alder St (503) 432-3986**

Access Center # available from 8am- 6pm Provides
shelter for homeless youth ages 16-24; youth can
access shelter for up to 15 days/month
<http://www.janusyouth.org/programs/homeless-youth>

**Transition Projects
650 NW Irving Street
(503) 280-4700**

To access various shelters, call or walk into the
Transition Project's Day Center; some shelters will
require a reservation. <http://www.tprojects.org/>

**Do Good Multnomah
(503) 490-7298 <http://dogoodmultnomah.org/>**
Must be referred, call for more information; shelter
for homeless male veterans

**Catholic Charities
2740 SE Powell Blvd (503) 231-4866**
**Services located in the back, next to the
garage, will say "Housing Transitions
Program"**
Homeless drop-in services from 10am-1pm, Mon-
Fri

**Only available for homeless women without
children in their care*
<http://www.catholiccharitiesoregon.org/>

**Salvation Army Female Emergency
Shelter (SAFES)**

30 SW 2nd Ave (503) 227-0810
Shelter and day center; mats are available first-
come, first-served from 9am-8pm or until filled
**Only available for women ages 18 and older*
**Can also call this # to inquire about
transitional housing through SAFES**

CityTeam

526 SE Grand Ave (503) 231-9334
Must sign-up from 5:45pm to 6:30pm every night to
access shelter services; shelter requires \$5/night or
a voucher (includes a shower, clothing, and
breakfast). To access various shelters, call or walk
into the Transition. Project's Day Center; some
shelters will require a reservation
<http://www.tprojects.org/>

Outside In

1132 SW 13th Ave (503) 535-3800
Homeless daytime drop-in services for youth ages
18 -24 <http://www.outsidein.org/>

Portland Rescue Mission

111 W Burnside St (503) 906-7690
Check-in for shelter 7 days/week from 5:45pm-
6:15pm Men's shelter for those ages 18 and older;
must have a valid tuberculosis (TB) card
<http://www.portlandrescuemission.org/>

**Lilac Meadows Family Shelter
7740 SE Powell Blvd, Portland, OR
97206 To sign up for a shelter
visit 211.org or call 211**

(formerly Human Solutions Family Center)
Shelter for homeless families with children and
pregnant individuals in their 3rd trimester
[Lilac Meadows Family Shelter – Our Just Future
\(formerly Human Solutions\)](http://www.lilacmeadows.org/)