

**CONSTRUCTION
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Portland Area Mental Health Resources

Unless otherwise noted, the following providers accept public insurance and self-pay clients. If the patient has private insurance, we strongly recommend calling the insurer's member services line for a list of in-network providers. Please note that this resource list is intended to serve as a **reference guide only** — the services & providers listed are not endorsed by Lines for Life or CSPP.

Emergency Services

National Suicide Prevention Lifeline | Dial: 988

<https://www.linesforlife.org/get-help-now/> 24/7

A free, confidential service for people who are suicidal or experiencing a mental health crisis at the time of their call - most Oregon calls are answered by Lines for Life. Third parties are welcome to call to assist someone in need.

Multnomah County Crisis Line and Project Respond 503-988-4888

<https://cascadiabhc.org/services/crisis-intervention/> 24/7

Project Respond sends mental health professionals to where the person in crisis is located, to provide suicide/crisis risk assessment, crisis stabilization, safety planning, and transportation to emergency treatment facilities. Call the Multnomah County Crisis Line (above) and ask for "Project Respond."

Call to Safety 888-235-5333

<https://calltosafety.org/> 24/7

Call to Safety is a crisis line for people who are at risk of, currently experiencing, or survivors of domestic and sexual violence. Call to Safety advocates support callers with safety planning, crisis intervention, and information and referrals to community resources.

Unity Center 503-944-8000

1225 NE 2nd Ave, Portland, OR 24/7

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

The Unity Center provides emergency inpatient & residential psychiatric care for both adults and adolescents 9-17 years old. Services include psychiatric evaluation, hospital stay, medication, and referral to counseling/outpatient services



Portland Area Emergency Resources (continued)

Cascadia Behavioral Healthcare Urgent Walk-In Clinic | 503-963-2575

4212 SE Division St, Portland, OR

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

Cascadia Healthcare's Urgent Walk-In Clinic offers same-day mental health appointments, with services including suicide/crisis risk assessment, mental health screening, counseling, psychiatric prescriber services, and referrals to affordable long-term mental health care.

Hawthorn Walk-In Center | 503-846-4555

5240 NE Elam Young Pkwy, Hillsboro, OR

<https://www.co.washington.or.us/HHS/MentalHealth/GettingHelp/Hawthorn/index.cfm>

The Hawthorn provides urgent care services for mental health and addiction concerns, including suicide/crisis risk assessment, counseling, education regarding mental health and addiction, and peer support. No cost for uninsured patients - bill to insurance for insured patients.

Providence Psychiatry Clinics Portland East | 503-215-6474

Portland West | 503-216-2025

<https://oregon.providence.org/our-services/p/providence-psychiatry-clinic/> 24/7

Providence's psychiatry clinics are located on the campuses of their four Portland-area hospitals. Their goal is to help evaluate and stabilize patients, whom they hope can return to basic care in the medical home for ongoing management services, including prescribing

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Counseling/Outpatient Services

PSU Community Counseling Clinic 503-725-4620

1900 SW 4th Ave

<https://www.pdx.edu/education/clinic>

The PSU Clinic provides low-cost individual, relationship, and family counseling, including services for children and adolescents. Their counselors are practicum students and interns supervised by licensed and/or board-certified faculty.

Lewis & Clark Community Counseling Center 503-768-6320

4445 SW Barbur Blvd, Portland, OR

https://graduate.lclark.edu/clinics/community_counseling/

The Lewis & Clark Community Counseling Center provides low-cost individual, relationship, and family counseling, by students under the guidance of clinical supervisors. They offer a sliding scale fee based on income.

Pacific Psychology & Comprehensive Health Clinic

Portland: 503-352 2400 | Hillsboro: 503-352-7333

10300 SW Eastridge St, Portland, OR

https://www.pacificu.edu/about/community/healthcare-clinics/pacific-psychology-comprehensive-health-clinic?utm_source=pacific-org

Pacific Psychology provides affordable and accessible outpatient assessment, testing, and therapy to children, adults, and families. Their providers are advanced-level graduate students working under the supervision of licensed clinical psychologists.

Quest Center for Integrative Health 503-238-5203

2901 E. Burnside St, Portland, OR

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

Quest Center offers integrated health services to marginalized community members. Their mental health services include intakes, assessments, behavioral health sessions, peer support and mentoring, case management, medication management, and addiction and pain management.

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Counseling/Outpatient Services (continued)

Western Psychological and Counseling Services 503-233-5405

Multiple Locations

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

Western provides counseling with psychiatric evaluation and medication management services, and outpatient programs to address substance use disorders and autism.

Peer Services

David Romprey Oregon Warmline 800-698-2392

Multiple Locations 7 days/week, 9am-11pm

<http://communitycounselingsolutions.org/warmline/>

A line for adults in non-crisis situations, which offers peer support and resource referral. The Warmline is staffed by trained peer counselors who have themselves faced a variety of life experiences and challenges.

NAMI Support Groups 503-230-8009

4701 SE 24th Ave, Portland, OR

<https://namior.org/programs/connection/>

The National Alliance on Mental Illness (NAMI) offers free, peer-led support groups for adults living with mental illness. Participants learn from one another's experiences, share coping strategies, and offer mutual encouragement. Groups are led by trained facilitators who are in recovery themselves.

New Narrative 503-726-3838

<https://newnarrativepdx.org/discover-what-we-do/peer-programs/>

New Narrative offers two peer-run non-clinical programs: a one-year Wellness Program and a two-year Sustainable Housing Program. They also run NorthStar Clubhouse; a community space open to any resident of Portland over the age of 18 with a verified mental health diagnosis.

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Peer Services (continued)

4th Dimension Recovery Center 971-703-4623

3807 NE MLK Jr. Blvd, Portland, OR

<http://4drecovery.org/>

4D provides free substance use recovery peer support services to young adults 18-35 who live in Multnomah and Washington counties. These services include peer mentoring, 12-step meetings, other peer support groups; and access to 4D community centers.

Identity & Culturally Specific Services

Racial Equity Support Line 503-575-3764

Mon-Fri, 10am - 7pm

<https://www.linesforlife.org/racial-equity-support-line/>

The Racial Equity Support Line is a service of Lines for Life, led and staffed by people with lived experience of racism. The line offers support to those feeling the emotional impacts of racist violence and microaggressions, as well as other cross-cultural issues.

Asian Health & Service Center 503-872-8822

9035 SE Foster Rd, Portland, OR

<https://www.ahscpdx.org/mentalhealth.html>

AHSC has a state-certified outpatient behavioral health clinic specializing in serving the Asian community. Clinical services are provided by a team of bilingual professionals and contracted psychiatrists. Clients may also access an onsite low-cost naturopathic clinic and weekly Chinese Medicine clinics.

Native American Rehabilitation Center (NARA) 503-307-7775

Multiple Locations

<https://www.naranorthwest.org/projects/adultmentalhealth/>

NARA provides adult mental health services for Native American communities. Services include mental health and psychiatric evaluations, individual and group counseling, medication management, and substance use treatment.

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Identity & Culturally Specific Services(continued)

OHSU Intercultural Psychiatric Clinic 503-494-4222

2214 NE Lloyd Center, Portland, OR (inside the mall)

<https://centralcityconcern.org/blackburn-center/>

The OHSU Intercultural Psychiatric Clinic provides culturally sensitive mental health services to immigrant and refugee communities. They offer individual and group therapy, psychiatric evaluations, medication management, and case management in collaboration with primary care providers, and various community services.

Western Conexiones 503-327-8205

3500 NE MLK Blvd, Suite 200, Portland, OR

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

Western Conexiones is a team of bilingual (Spanish-English) mental health providers who offer multicultural counseling and trauma healing services. They offer outpatient counseling services that address an array of mental health issues such as depression, anxiety, ADHD, and PTSD.

Q Center 503-234-7837

4115 N Mississippi Ave, Portland, OR

<https://www.pdxqcenter.org/programs-at-q>

Q Center is an LGBTQ community center and non-profit organization that offers a variety of support and activity groups on topics including addiction and mental health, sexual orientation, gender identity, and relationships. All groups are community-based and peer-led.

