

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. **Click on the title of each resource to navigate to their site.**

**CONSTRUCTION
SUICIDE
PREVENTION
PARTNERSHIP**

Emergency Services

National Suicide Prevention Lifeline

Dial: 988
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
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
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
24/7

1225 NE 2nd Ave, Portland, OR

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.

Cascadia Behavioral Healthcare Urgent Walk-In Clinic

503-963-2575

4212 SE Division St, Portland, OR

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.

Emergency Services (continued)

Hawthorn Walk-In Center

503-291-9111

5240 NE Elam Young Pkwy, Hillsboro, OR

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: 503-215-4860

Portland west: 503-216-5102

Multiple Locations

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.

Residential Services

Unity Center

503-944-8000

24/7

1225 NE 2nd Ave, Portland, OR

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.

Sequoia Mental Health Services

503-619-1560

Aloha and Hillsboro Locations

Serving Washington County, Sequoia offers integrative residential mental health treatment that includes individual and group therapy, medication management, coordination with community services, and case management.

Residential Services (continued)

Cedar Hills Hospital

503-944-5000

10300 SW Eastridge St, Portland, OR

Cedar Hills offers inpatient programs for crisis stabilization, mental health, substance abuse treatment, and treatment of military service members. For those needing less intensive care, they offer partial hospitalization and intensive outpatient programs.

New Narrative Residential Services

503-726-3742

Tigard and Portland Locations

New Narrative specializes in working with adults who are experiencing poverty and/or are at risk of homelessness. Their clinical care services include temporary treatment housing.

Counseling/Outpatient Services

PSU Community Counseling Clinic

503-725-4620

1810 SW 5th Ave, Portland, OR

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

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

Portland and Hillsboro Locations

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.

Counseling/Outpatient Services (continued)

Quest Center for Integrative Health

503-238-5203

3231 SE 50th Ave, Portland, OR

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.

LifeStance Health

503-233-5405

Multiple Locations

LifeStance 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

7 days/week, 8am-12am

Multiple Locations

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 Oregon

503-230-8009

147 SE 102nd Ave, Portland, OR

The National Alliance on Mental Illness (NAMI) offers free, peer-led support group 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

503-726-3690

New Narrative offers multiple peer-run non-clinical programs, including 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.

Peer Services (continued)

4D Recovery

971-703-4623

Portland and Hillsboro Locations

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.

YouthLine

877-968-8491

YouthLine is a crisis and support line run by Lines for Life that is available for teens and youth. Young people can call, chat, text, or email and be connected to a trained teen who will offer support.

Identity and Culturally Specific Services

Racial Equity Support Line

503-575-3764

Mon-Fri, 10am - 7pm

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 the emotional impacts of immigration struggles and other cross-cultural issues.

Asian Health & Service Center

503-872-8822

Portland and Beaverton Locations

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 onsite, low-cost naturopathic clinic and Chinese Medicine clinics weekly.

Native American Rehabilitation Center (NARA)

503-307-7775

Multiple Portland Locations

NARA provides adult mental health services, guided by a cultural advisor and including cultural-specific programming for Native American communities. Services include mental health and psychiatric evaluations, individual and group counseling, medication management, and substance use treatment.

Identity and Culturally Specific Services (continued)

OHSU Intercultural Psychiatric Clinic

503-494-4222

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

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

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

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.

Imani Center

509-226-4060

709 NW Everett St, Portland, OR

The Imani Center offers mental health and addiction treatment for the Black community in Multnomah County. These include outpatient addiction treatment, individual and group counseling, peer support, and referrals for employment and housing support.

Puentes

503-546-9975

Puentes supports Latinx and non-English speakers by providing counseling and treatment plans for individuals. These services include group and individual counseling, outpatient addiction treatment, recovery groups, peer support, and case management.