

MENTAL HEALTH CRISIS, COUNSELING, AND SUPPORT RESOURCES IN THE PORTLAND-METRO AREA

List last updated April 2009

Crisis and Referral Lines	
<p>Clark County Crisis Line 1-800-626-8137</p>	24-hour agency that serves Clark County residents and family/friends who are concerned about a Clark County resident's mental health.
<p>Multnomah County Crisis Line 503-988-4888</p>	24-hour agency that serves Multnomah County residents and family/friends who are concerned about a Multnomah County resident's mental health. They can offer secure transport to hospitals for people you need to have placed on a hold.
<p>Oregon Alcohol & Drug Program 503-244-1312</p>	24-hour non-profit agency staffed by volunteers who do crisis counseling and make referrals to local outside agencies for in- and out-patient substance abuse treatment
<p>Portland Women's Crisis Line 503-235-5333</p>	24-hour agency that serves everyone (not just women). They also have a sexual assault program. This means that they are able to send someone out to meet a sexual assault or domestic violence victim in the community (such as hospital, police station, or even a coffee shop) when needed.
<p>Project Respond 503-988-4888</p>	24-hour triage mental health crisis response team for Multnomah County residents. They have a mobile response team available if needed. (Follow CAPS procedures before making this call.)
<p>United Way Information and Referral 611 SW Alder, Suite 810 Portland, OR 97205 503-222-5555 www.211info.org</p>	Assist people in accessing services such as housing, shelter, child care, OHP, food stamps, and WIC. They also offer (for a fee) annually-updated directories of community services for Clark County, Multnomah County, and Washington County. Additionally, they have an extensive online directory for everything from "ABUSE-Animal" to "YOUTH-Recreation" under their "Search for Help" tab on their home page. This listing is so extensive, they have 6 pages of resources listed under "ABUSE-sexual" and 16 different headings for "COUNSELING" resources...definitely worth checking out.
<p>Washington County Crisis Line 503-291-9111</p>	24-hour agency that serves Washington County residents and family/friends who are concerned about a Washington County resident's mental health.

Counseling Centers

<p>Cascadia Behavioral Healthcare 2415 SE 43rd, Suite 200 503-238-0769 www.cascadiabhc.org</p> <p>Sites in Gresham and Portland</p>	<p>Accept OHP. Have Multnomah County slots available based on income (but these are reserved mostly for indigent people). They also have reduced fee slots available. For a family of 1, gross yearly income cannot exceed \$9800/year to qualify for this reduced fee slot. If they make more than that, they have to pay regular fees. Assessment costs \$155 regular and \$143 reduced; Individual Counseling costs \$90 regular and is not offered for reduced fees; Group Counseling costs \$42 regular and \$22.50 reduced.</p>
<p>DePaul Treatment Center 1312 SW Washington adult: 503-535-1151 youth: 503-535-1181 www.depaultreatmentcenters.org</p>	<p>Accept OHP. Have funded slot for Multnomah County residents that (if students qualify for it) would mean no money out of pocket for treatment. Their sliding fee scale for outpatient treatment is: \$52-408 for intake; \$26-104 for individual counseling; and \$19.50-78 for groups. The financial rep I spoke with there says most people (including herself) qualify for the lowest end of that scale and the higher end of the scale is reserved for people who have insurance coverage.</p> <p>Offer mental health only, alcohol and drug only, and co-occurring disorder treatment.</p>
<p>InAct 727 NE 24th Ave. Portland, OR 97232 503-228-9229 www.inact.org</p>	<p>Accept OHP (Care Oregon, Open Card, Providence Care Oregon). Have some Multnomah County slots (but these are generally reserved for indigent people. Mental health assessments cost \$180 and mental health therapy (i.e. individual counseling) is \$90/hour; they have no mental health groups at this time. They have a psychiatric nurse (who charges \$60 for initial visit and \$30 for follow up visits) who works to find them free meds if they are available.</p> <p>Offer outpatient counseling. They have a licensed Naturopathic Doctor, Acupuncturist and Psychiatric Mental Health Nurse Practitioner. Their integrated Mental and Physical Health Services Program incorporates a holistic approach to the treatment of chemical dependency and mental health disorders.</p>
<p>IRIS Psychological Services at Pacific University 222 SE 8th Ave, Suite 232 Hillsboro, OR 97123 503-352-7333</p>	<p>Sliding scale based on income. They charge \$12 for every \$1000/month of net income, minus \$2 for every dependent.</p> <p>A private, non-profit, outpatient mental health training treatment clinic, providing a wide range of affordable psychological services to individuals and families, both Spanish and English speaking. The counselors are graduate students from the master's and doctoral psychology programs at Pacific University. They are currently offering two groups: Overcoming the Pain Together (a support group for families who live with PTSD) and a SMART Recovery Group (a help group for people who want to recover from all types of addictive behaviors, including addiction to drugs, alcohol, gambling, and other activities). Though they offer the SMART group, they do not treat people who have chemical dependency as their primary diagnosis.</p>

<p>Lifeworks NW 506 SW 6th Ave, Suite 905 503-645-9010 (intake) 1-888-645-1666 www.lifeworksnw.org</p> <p>Sites out in Beaverton and NE Portland too.</p>	<p>Accept OHP and some insurances; sliding fee services available for Multnomah County residents (which may go down as far as \$15 per session, depending on family income and number of dependents).</p> <p>Offer outpatient counseling for youth and adults. Mostly individual counseling, some groups.</p>
<p>Men’s Resource Center 503-235-3433 www.portlandmrc.com</p> <p>Locations in SE Portland, Beaverton, Oregon City, and Gresham</p>	<p>Accept various insurances. For those who don’t have insurance, there are two options: 1) work with staff; 2) work with grad students. Staff fees: \$110 for the first individual counseling session and \$95 thereafter; \$95 for the group intake and \$50 for groups. Grad student fees: \$30 for intake, \$20 for individual counseling, and a sliding scale of \$25-50 for groups.</p> <p>Offer individual and group counseling on an outpatient basis for people 18 years and older. Men-specific groups include “Substance Abuse and Violence Prevention” and “Violence Prevention” (without the substance abuse component) for domestic violence perpetrators and “Anger Management” for general anger issues that don’t involve domestic violence.</p>
<p>Oregon Center for Clinical Investigations 2230 NW Pettygrove, Suite 120 503-276-6224 www.occ.org</p>	<p>Never a fee (sometimes, in fact, they offer small stipends to subjects at the end of a study). They run mental health studies to test medications, primarily for central nervous system indicated disorders such as bipolar, depression, anxiety, panic, insomnia, and ADHD. They do not take on co-morbid diagnoses (because it might complicate their results). The first session (in which they do a physical, run labs, and confirm the diagnosis) generally takes 2 hours. You (or the student) can call ahead to see if they are currently running any studies for a particular diagnosis. They can be a particularly good resource for a student who has been unsuccessful on multiple medications, as they are sometimes testing cutting-edge medications.</p>
<p>Outside In 1132 SW 13th Ave. 503-535-3800 www.outsidein.org</p>	<p>They have a sliding scale based on income, but they don’t refuse services to anyone. They do prioritize services, however. You can’t make an appointment to see them, you have to first show up in their walk-in clinic (Monday-Friday beginning at 9am). They serve homeless youth first, then homeless adults, then un-insured youth, then un-insured adults.</p> <p>Their Transgender/Identity Resource Center provides peer education, counseling, referrals, street- and community-based outreach to youth who may otherwise be disconnected from resources due to their gender, gender-identity, sexual orientation, ethnic background, or economic hardships. Their Day Program provides safety off the streets, food, crisis counseling, and activities that build skills to promote alternatives to street life. Case Managers work one on one with youth to identify strengths and create plans that address health, work, housing, and educational needs.</p> <p>Their Medical Clinic is a coalition of medical and naturopathic doctors and interns, acupuncturists, and Chinese herbalists, all of whom provide</p>

	<p>primary care to homeless youth and low-income individuals lacking health insurance. Their Medical Outreach Program brings medical and health care services directly to the streets. They deliver preventative and life-enhancing medical services to individuals that do not typically access primary health care.</p>
<p>Planned Parenthood Counseling Center 3231 SE 50th Appointment line: 503-775-4931 x2213 & x2221 Advice Line: 503-788-7273 www.plannedparenthood.org/ppcw/</p>	<p>They offer free counseling for up to 10 sessions per treatment episode. They are running this through their training program, so only grad students (from PSU, Pacific, and Lewis and Clark) are presently serving as the counselors.</p> <p>They are currently offering only individual and couples counseling, but may offer groups in the future. They do not treat substance abuse issues. They serve people 14 years and older.</p>
<p>Project Quest/Quest Center 2901 E Burnside 503-238-5203 www.projectquest.org</p>	<p>Most services are covered by Ryan White funds for the un- or under-insured (Ryan White funds are special federal funds available only for HIV+ individuals).</p> <p>Offer crisis intervention to people who are HIV+ or diagnosed with AIDS. Also offer on-going support in the form of individual counseling, group support, peer mentoring, retreats, social gatherings, and home visitation.</p>
<p>Providence Behavioral Health Services Intake: 503-215-7080 Eating Disorders: 503-216-2025 Mental Health Intake: 503-574-9235 Chemical Dependency Intake: 503-574-9200 Telephone Triage: 503-574-9235 or 1-800-716-5325</p> <p>Locations in NE and SW Portland</p>	<p>Accept OHP (Care Oregon and Open Card only). If students have no insurance, they are referred to Providence's Financial Services department or Charity Care to create a financial arrangement based upon income.</p> <p>Offer Level II intensive outpatient mental health and eating disorder services: one is a partial hospitalization/day treatment kind of structure (i.e. coming in daily), the other is a regular intensive outpatient structure (i.e. coming in 3x/week). They offer DBT groups for borderline personality disordered folk. Their eating disorder program (for anorexia and bulimia) is a 6-7 week intensive outpatient program (for the first 2-3 weeks patients come in daily, then the last 4-5 weeks they come in 3x/week).</p>
<p>PSU Community Counseling Clinic 615 SW Harrison St. (5th floor of the Graduate School of Education Building) 503-725-4620</p>	<p>They serve PSU students as well as the general Portland community, charging \$15 for individual, couples, and family counseling on a variety of mental health topics. They also offer several groups. Day and evening appointments available, 8:00 am-9:00pm</p>
<p>Psychological Service Center 511 SW 10th, Suite 400 503-352-2400</p>	<p>Sliding fee scale based on income (\$20-85 per service). There is a mandatory \$45 intake fee. Learning Disability Assessments: \$500.</p> <p>Offer outpatient counseling (mostly individual, but some group too). No UAs. They use a CBT model for A&D treatment.</p>

<p>William Temple House 2023 NW Hoyt St. 503-226-3021 www.williamtemple.org</p>	<p>Offer individual and family counseling for \$10 per session. They have education classes available on various topics (a schedule can be picked up at their reception desk). They no longer offer psychiatric or medication management services.</p> <p>To receive services, an application must first be picked up from their reception desk (available Monday through Thursday, 9am-7pm). It takes approximately 2 hours to fill it out and then it takes a few days to a few weeks for the first counseling appointment to take place.</p>
<p>Wise Counsel and Comfort 503-282-0182 www.portland-therapist.com</p> <p>3 locations in NE Portland</p>	<p>Sliding fee scales available. Their therapists have a wide range of fees, professional degrees, specialties, and years of experience. Individual therapists, their phone numbers, and their sliding-fee scales can be found on the website.</p> <p>Offer a wide range of individual, couples, child, family, and group counseling services.</p>
<p>Women’s Counseling Center 503-235-3433 www.portlandmrc.com</p> <p>Locations in SE Portland, Beaverton, Oregon City, and Gresham</p>	<p>See the description listed under “Men’s Resource Center,” as these two organizations are sibling-sites and the fee structure is the same for both. Men or women can attend either.</p> <p>Women-specific groups include an Abuse & Recovery (for domestic violence victims) and Violence Intervention & Anger Management (for female perpetrators of domestic violence).</p>
<p>Women’s Therapy Project Northwest 503-957-0135 www.wtpnw.org</p>	<p>Offer an online directory for men and women seeking therapy. You can search for therapists alphabetically or by specialty. Their therapists offer a wide-range of individual, couples, child, family, and group counseling services as well as a wide-range of fees.</p>
<p>YWCA 1111 SW 10th Ave. Portland, OR 503-294-7400</p> <p>Locations in NE and SW Portland</p>	<p>Sliding fee scale based on income (\$13-46 per service).</p> <p>Offer general mental health counseling but most of their clients have A&D issues too. They treat men, women, trans-gendered people, and couples. They are currently providing groups for Women Survivors of Child Abuse, Trans-Support, Women’s Sexual Minority Support, and Women’s Anger Management.</p>
<p>VA Medical Center 503-273-5058</p>	<p>Serves veterans only. <i>Mental Health Access Clinic</i>, staffed by RN’s, NP’s and social workers should be first contact. They will be triaged in 24 hrs and have eval within two weeks. Meds and therapy provided.</p>
<p>Support Groups (a list of local GLBT-friendly 12-step meetings is available)</p>	
<p>Adult Children of Alcoholics (ACA or ACoA)</p>	<p>For adults who grew up in homes where one or both parents were alcoholics or addicts. Meeting times and locations can be found at www.adultchildren.org</p>

Al-Anon 503-292-1333	For partners and family members of addicts. Meeting times and locations can be found at www.al-anonportlandoregon.org .
Alcoholics Anonymous (AA) 503-223-8569	Meeting times and locations can be found at www.pdxaa.com . We have one at noon every weekday here on campus, located SMSU room 258.
Cocaine Anonymous (CA) 503-256-1666	Meeting times and locations can be accessed via recording through their phone number or www.caorwa.org/
Codependents Anonymous (CoDA) 503-285-8891	Meeting times and locations can be accessed via recording through their phone number or www.codependents.org
Codependents of Sex Addicts (CoSA)	There is only one group I know of in our area. It meets at the Alano Club which is located at 909 NW 24th Ave (24 th & Kearney, NW). Their phone number (which is very hard to reach them by) is 503-222-5756. If interested, you can stop by the building and pick up their latest meeting schedule (copies are laid out on a large table in their main foyer).
Crystal Meth Anonymous (CMA)	Meeting times and locations can be accessed via their webpage www.crystalmeth.org
Debtors Anonymous (DA)	Meeting times and locations can be accessed via their webpage http://www.oregondebtorsanonymous.org/
Depression and Bipolar Support Alliance (DBSA) 503-319-2569 or 503-780-0682	Their mission statement is: “To improve the lives of people living with mood disorders.” You can check them out and find meeting locations at http://www.dbsalliance.org
Dual Diagnosis Anonymous (DDA) or Dual Recovery Anonymous (DRA)	For people who have co-occurring mental health disorders and addiction; especially if they are on medications such as benzodiazepines for treatment of their mental health disorder (which traditional 12-step programs tend to frown upon). We will have a DDA meeting here on campus soon, located at the Smith Center. You can access the local DRA meeting schedule at www.draonline.org/meetings.html
Gamblers Anonymous (GA) 503-233-5888	Meeting times and locations can be accessed via recording through their phone number.
Gay Oregon www.gayoregon.com	Go to their home-page and click on “groups and clubs;” a whole range of support resources will come up. Options include: Male Groups, Female Groups, Health Groups, Youth Groups, Recreational and Athletic Groups, Religious Groups, Artistic Groups, Political Groups, Social Groups, Support Groups (for emotional and peer support groups on a variety of topics), and Business Groups.

<p>Incest Survivors Anonymous (ISA)</p>	<p>Their definition of incest is very broad: “Incest can be experienced by survivors at any age. This occurs when we have been sexually betrayed by a trusted person in a position of power. This may include touching and non-touching, verbal and non-verbal, overt, covert sexual behavior. The initiator can be anyone, male or female, who has sexually abused the trust of a child, teen or adult survivor. This person can be known to the survivor or a stranger.”</p> <p>There is only one group I know of in our area. It meets at the Alano Club which is located at 909 NW 24th Ave (24th & Kearney, NW). Their phone number (which is very hard to reach them by) is 503-222-5756. If interested, a person can stop by the building and pick up their latest meeting schedule (copies are laid out on a large table in their main foyer).</p>
<p>Marijuana Anonymous (MA)</p>	<p>Meeting times and locations can be accessed via their webpage www.marijuana-anonymous.org</p>
<p>Miracles Club 4069 NE MLK 503-249-8559</p>	<p>A social gathering place for people in recovery from substance abuse. They have rooms where people can hang out and play games, as well as daily 12-step meetings.</p>
<p>Narcotics Anonymous (NA)</p>	<p>Meeting times and locations can be accessed via their webpage www.portlandna.com/</p>
<p>Overeaters Anonymous (OA) or Food Addicts Anonymous (FAA)</p>	<p>The difference between OA and FAA is that FAA requires abstinence from sugar and flour to be considered “sober,” whereas OA is more flexible with food choices. Both emphasize portion control.</p> <p>You can access meeting times and locations at www.oa.org and www.foodaddictsanonymous.org</p>
<p>Recovering Couples Anonymous (RCA)</p>	<p>For couples who are trying to improve communication and emotional intimacy; one or both usually are (or have been) involved in other 12-step meetings for addictions.</p> <p>Meeting times and locations can be accessed via their webpage www.recovering-couples.org</p>
<p>Sex Addicts Anonymous (SAA)</p>	<p>Meeting times and locations can be accessed via their webpage www.portlandsaa.org</p>
<p>SHAC Substance Abuse Recovery Support Refer to Sarah Alexander</p>	<p>Available to PSU students who are enrolled for at least 9 credits or for 4-8 credits and have paid the student health fee in the first two weeks of the term at the Neuberger Hall Cashier’s window. Must first have a group screen session with Sarah Alexander so she may assess for appropriateness.</p> <p>This is a support group for students with at least 1-month clean time who want to maintain sobriety or prevent relapse. It is not for those who are actively using and ambivalent about giving up alcohol or drugs.</p>

<p>SMART Recovery (Self Management And Recovery Training) 503-699-5197</p>	<p>A self-help group for people who want to abstain from alcohol or other mood altering substances. No declaration to higher power or of powerlessness is made (people who object to the “Higher Power” aspect of the 12-steps but want a support community nonetheless would be a good referral for this format).</p> <p>Meeting times and locations can be accessed via recording through their phone number or www.smartrecovery.org</p>
<p>ex-Smokers Support Group 10123 SE Market St. 503-256-4000 or 503-251-6201</p>	<p>FREE - Mondays, 7-8 pm (smoke-free support group).</p> <p>A 2-session “Becoming Smoke-Free and Staying Smoke Free” class also available for a fee.</p>
<p>United Recovery Service Club (URS) 17200 SE Stark St. 503-253-9321</p>	<p>A clean and sober social club operating on a 24-hour basis. A restaurant, monthly dances, and pool tables.</p> <p>Daily NA/AA meetings on site.</p>
<p>Workaholics Anonymous (WA)</p>	<p>Meeting times and locations can be accessed via their webpage www.workaholics-anonymous.org</p>