



Resources for Mental Health

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| <p>24 Hour Suicide Prevention 800-279-8255 1-888-628-9454 Text 273TALK to 839863</p> | <p>Avel Gordly Center For Healing (OHSU) 621 SW Alder St., Suite 520 Portland, OR 97205 503-494-4745 www.oshu.edu <i>This resource offers mental health and psychiatry services. Monday-Friday 8:00am – 5:00pm.</i></p> | <p>David Romprey Oregon Warmline 800-698-2392 www.communitycounselingsolutions.org/warmline/ <i>This resource offers general peer support. Hours vary but are typically 9am to 11pm.</i></p> |
| <p>Folk Time Social Program - NE PDX Community Church of Christ 4837 NE Couch Portland, OR 97213 503-709-2450 www.folktime.org/ne-portland <i>This resource offers a drop-in center Mon, Wed, Thurs 10:00am-2pm.</i></p> | <p>Lewis & Clark Community Counseling 4445 SW Barbur Blvd Portland, OR 97239 503-768-6320 www.graduate.lclark.edu/clinics/community_counseling/ <i>This resource offers sliding scale fee ranging from \$10-50.</i></p> | <p>Lifeworks NW 14600 NW Cornell Road Portland, OR 97229 503-645-3581 www.lifeworksnw.org <i>This resource offers mental health and A&D services for youth and adults.</i></p> |
| <p>Nation Alliance on Mental Health (NAMI) Multnomah 524 NE 52nd Ave Portland, OR 97213 503-228-5692 www.namimultnomah.org</p> | <p>Northstar Clubhouse 5600 NE Glisan Portland, OR 97213 971-271-7273 <i>This resource offers engagement with people with mental health challenges in a working community.</i></p> | <p>Oregon Military Assistance Help-Line 7180 SW Fir Loop Portland, OR 97223 800-511-6944 (24 hours)</p> |
| <p>Pacific Psychology & Comprehensive Health Clinic 1411 SW Morrison St, Suite 310 Portland, OR 97205 503-352-2400 <i>This resource offers affordable and accessible outpatient treatment.</i></p> | <p>Portland Crisis Line 503-988-4888 1-800-716-9769 (24 hours) www.multco.us/mhas/mental-health-crisis-intervention</p> | <p>Quest Center for Integrative Health 2901 E. Burnside Portland, OR 97214 503-238-5203 www.quest-center.org <i>This resource offers holistic mental health, A&D services.</i></p> |

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| <p>Unity Center 1225 NE 2nd Ave Portland, OR 97232 503-944-8000 www.unityhealthcenter.org <i>This resource offers crisis inpatient/stabilization. Triage area for walk-ins.</i></p> | <p>Urgent Walk-In Clinic (Cascadia) 4212 SE Division, Suite 100 Portland, OR 97206 503-963-2575 www.multco.us/global/cascadia-behavioral-health <i>This resource offers crisis counseling, prescribing and referrals. Serves all. 7am-10:30pm daily.</i></p> | <p>Washington Co. Center 150 N First Ave Hillsboro, OR 97124 503-846-8752 www.co.washington.or.us <i>This resource offers assistance to victims of crime and trauma.</i></p> |
| <p>Western Psychological Counseling 12636 SE Stark St., Plaza 125, Building J Portland, OR 97233 503-253-4600 www.westernpsych.com <i>This resource offers counseling, medication management, groups, A&D. Accepts OHP/Medicare.</i></p> | <p>William Temple House 2023 NW Hoyt St Portland, OR 97209 503-226-3021 www.williamtemple.org <i>This resource offers sliding scale counseling for individuals, couples and families. No Español.</i></p> | |