

# Mental Health Referral & Resource List

*Quest Center for Integrative Health*

## Allies in Change | [alliesinchange.org/counseling](https://alliesinchange.org/counseling)

- **Summary:** Individual, couples, and group counseling. Men's and women's groups designed to help people have more successful relationships. Sub-specialty in domestic violence and anger management.
- **Phone:** (503) 297-7979 | **Email:** [Allies@AlliesinChange.org](mailto:Allies@AlliesinChange.org)
- **Address:** 1675 SW Marlow Ave, Ste 110, Portland, OR 972257  
335 NE 18th Ave, Portland, OR 97232  
714 Main Street, Ste 209, Oregon City, OR 97045

## Asian Health and Service Center | [ahscpdx.org](https://ahscpdx.org)

- **Summary:** To be the bridge between Asian and American cultures and build a harmonious community. Offers community engagement, health/[mental health services](#), multilingual help lines, preschool.
- **Phone:** Portland: 503-872-8822 Beaverton: 503-641-4113 | **Email:** [info@ahscpdx.org](mailto:info@ahscpdx.org)
- **Address:** Portland: 9035 SE Foster Rd, Portland, OR 97266  
Beaverton: 3800 SW Cedar Hills Blvd. #196, Beaverton, OR 97005

## Bradley Angle | [bradleyangle.org](https://bradleyangle.org)

- **Summary:** Domestic Violence programs for housing, support, etc. including culturally specific programs for [Black/African American](#) survivors and [LGBTQIA2+](#) survivors.
- **Phone:** 503-232-1528 | **Crisis line:** 503-235-5333
- **Address:** 5432 N. Albina Ave. Portland, OR 97217

## Brave Space LLC | [bravespacellc.com](https://bravespacellc.com)

- **Summary:** Brave Space creates community and facilitates access to expert and knowledgeable providers for transgender and non-binary children, youth, adults, and their families. Assessments for surgery letters offered.
- **Phone:** (503) 486-8936 (Not to use for scheduling) Use this form for scheduling: [bravespacellc.com/contact](https://bravespacellc.com/contact) | **Email:** (Not to use for scheduling) [info@bravespacellc.com](mailto:info@bravespacellc.com)
- **Address:** 3620 SE Powell Blvd, #102 Portland OR 97202

## Cascadia Behavioral Healthcare | [cascadiabhc.org/services](https://cascadiabhc.org/services)

- **Summary:** Crisis Intervention, Mental Health Treatment, Addiction/Recovery, Community

*Updated: June 24, 2022*

Support & Services, Primary Care, Peer Support

- **Phone:** (503) 674-7777 | **Email:** N/A
- **Address:** Cascadia Plaza Health Center (Walk in Clinic): 4212 SE Division St.  
Cascadia Garlington Health Center: 3036 NE Martin Luther King, Jr. Blvd.  
Cascadia Clackamas Health Center: 17070 SE McLoughlin Blvd.

## CREDN (Columbia River Eating Disorders Network) | [credn.org](https://credn.org)

- **Summary:** Non-profit org composed of professionals, dedicated to the prevention and treatment of eating disorders.

Provides education, promotes awareness regarding eating/body-image concerns, referral info for those seeking treatment by [maintaining a list of local providers](#).

- **Phone:** Various | **Email:** [credn.org/contact-us](https://credn.org/contact-us) | **Address:** Various

## Fora Health Treatment & Recovery | [forahealth.org/fora-health-providers](https://forahealth.org/fora-health-providers)

- **Summary:** Formerly De Paul Treatment Centers, serves patients with mobility challenges, medically monitored 3.7 level residential treatment, offers [family therapy](#), case management, [peer recovery mentors](#), activities and amenities that support recovery.
- **Phone:** (503) 535-1151 | **Email:** [forahealth.org/get-help](https://forahealth.org/get-help)
- **Address:** 10230 SE Cherry Blossom Dr. Portland, OR 97216  
205 SE 3rd Avenue, Suite 100 Hillsboro, OR 97123

## Health Allies | [healthalliescounseling.com/home](https://healthalliescounseling.com/home)

- **Summary:** Portland area counseling services for a healthy mind, body and soul.
- **Phone:** 971-270-0167 | **Email:** [hello@healthalliescounseling.com](mailto:hello@healthalliescounseling.com)
- **Address:** Stark Street Office: 2950 SE Stark, Ste 130 Portland, OR 97214

## Integrative Trauma Treatment Center | [traumacenternw.com](https://traumacenternw.com)

- **Summary:** Integrating psychotherapy, medication management, bodywork & mindfulness for an encompassing and empowering approach to healing.
- **Phone:** (971) 266-6910 | **Email:** [traumacenternw.com/contact](https://traumacenternw.com/contact)
- **Address:** 2130 SW Jefferson, Suite 200 Portland, Oregon 97201

## Life Stance Health (Western Psychological & Counseling Services) | [westernpsych.com/services](https://westernpsych.com/services)

- **Summary:** Outpatient Mental Health services (individual, family, and group therapy), as well as programs addressing Substance Use Disorders, Autism, the Latino Community, Health Psychology, and services within Schools.
- **Phone:** Contact specific location directly: [westernpsych.com/locations](https://westernpsych.com/locations)

- **Email:** Contact specific program directors: [westernpsych.com/contact](http://westernpsych.com/contact)
- **Address:** 20+ Locate specific location: [westernpsych.com/locations](http://westernpsych.com/locations)

## Life Works NW | [lifeworksnw.org/our-services](http://lifeworksnw.org/our-services)

- **Summary:** Mental Health, Addiction, Prevention, Holistic Health Services
- **Phone:** Intake Line: 503-645-9010 (Monday-Friday, 8 a.m. to 5 p.m) **Crisis Line:** 971-244-4635 (Nights and Weekends)
- **Email:** [intakereferrals@lifeworksnw.org](mailto:intakereferrals@lifeworksnw.org)
- **Address:** 13 locations: [lifeworksnw.org/locations](http://lifeworksnw.org/locations)

## New Avenues for Youth | [newavenues.org/rose](http://newavenues.org/rose)

- **Summary:** Resource/youth community center. Possible recovery support, and a Pathways Mental Health Therapist offers one-on-one counseling in a confidential, in-office or community setting, must be screened into the Homeless Youth Continuum.
- **Phone:** 503-224-4339 | **Email:** [info@newavenues.org](mailto:info@newavenues.org) | [newavenues.org/contact/](http://newavenues.org/contact/)
- **Address:** 5 locations: [newavenues.org/contact/](http://newavenues.org/contact/)

## New Narrative | [newnarrativepdx.org](http://newnarrativepdx.org)

- **Summary:** From clinical care and peer support programs to housing, we provide resources so people seeking mental health care can develop the tools to thrive, not just survive.
- **Phone:** (503)726-3742 | **Email:** [info@NewNarrativePDX.org](mailto:info@NewNarrativePDX.org)
- **Address:** Spring Creek Center Tigard: 8915 SW Center St., Tigard, OR  
Mill Park Center Portland: 1952 SE 122nd Ave, Portland, OR

## OHSU Intercultural Psychiatric Clinic | [ohsu.edu/brain-institute](http://ohsu.edu/brain-institute)

- **Summary:** Culturally sensitive mental health services to immigrant and refugee communities. The Torture Treatment Center of Oregon (TTCO) is a program for survivors of torture.
- **Phone:** 503-494-4222 | **Email:** N/A
- **Address:** Lloyd Center, map to location: [ohsu.edu/sites](http://ohsu.edu/sites)

## Options: Counseling and Family Services | [options.org/therapies](http://options.org/therapies)

- **Summary:** Numerous evidence based and client situation specific therapies for multiple age ranges. Online forms available in English and Spanish.
- **Phone:** (541) 687-6983 | **Email:** [options.org/access-services/](http://options.org/access-services/)
- **Address:** 11 locations: [options.org/locations](http://options.org/locations)

## Oregon Behavioral Health Initiative | [oregonbhi.org/about](http://oregonbhi.org/about)

- **Summary:** Behavioral Health Initiative is housed in the Oregon Health Authority. Funding supports a Project Director and 24 Behavioral Health Specialists located in communities across Oregon to support older adults and adults with disabilities.
- **Phone:** [oregonbhi.org/wp-content](http://oregonbhi.org/wp-content) | **Email:** Statewide Director: nirmala.dhar@dhsosha.state.or.us
- **Address:** (can search by county) [oregonbhi.org](http://oregonbhi.org)

## Oregon Latino Health Coalition | [orlhc.org](http://orlhc.org)

- **Summary:** Latinx resources including MH in Spanish: [orlhc.org](http://orlhc.org) Oregon Health Plan (OHP) Outreach & Enrollment Program: [orlhc.org/our-work](http://orlhc.org/our-work)
- **Phone:** (971) 229-0482 | **Email:** info@orlhc.org
- **Address:** 0245 SW Bancroft Street, Suite E, Portland, OR 97239

## Outside In | [outsidein.org/behavioral-health-services](http://outsidein.org/behavioral-health-services)

- **Summary:** Youth/Young Adults who are screened into the [Multnomah County Homeless Youth Continuum](http://outsidein.org/behavioral-health-services) and meet diagnostic criteria may be eligible.

*Assistance with OHP:* [OHP-assistance@OutsideIn.org](mailto:OHP-assistance@OutsideIn.org) | [outsidein.org/health-services/get-insured](http://outsidein.org/health-services/get-insured)

- **Phone:** (503) 445-7699 | **Email:** heatherbu@outsidein.org
- **Address:** 1132 SW 13th Ave, Portland, OR 97205

## Owls' Nest North Therapy Joint | [owlsnestnorth.com](http://owlsnestnorth.com)

- **Summary:** Depth counseling and psychotherapy for individuals, families, children, adults and relationships, on a weekly, outpatient basis. "For OHP subscribers, our contract prohibits us from treating severe and persistent mental health issues."
- **Phone:** 503-281-1166 | **Email:** info@owlsnestnorth.com
- **Address:** 3615 NE Grand Ave. Portland, OR 97212

## Pacific Psychology & Comprehensive Health Clinic | [pacificu.edu](http://pacificu.edu)

- **Summary:** [Counseling/therapy](#) for depression, anxiety, child/family issues, PTSD, etc. Offers [assessment and testing](#) for: learning disabilities, ADHD and cognitive problems. Testing services are currently on hold due to the public health emergency, and may resume Fall 2022. Providers are advanced level graduate students under the supervision of licensed clinical psychologists.
- **Phone:** 503-352-2400 | **Email:** N/A
- **Address:** 1411 SW Morrison St, Suite 310 Portland, OR 97205

## Portland Mental Health and Wellness | [portlandmh.com](http://portlandmh.com)

- **Summary:** Counseling, therapy, & psychiatric services both individual and group. Medication

management offered.

- **Phone:** (503) 622-8964 | **Email:** [portlandmh.com/request-an-appointment](http://portlandmh.com/request-an-appointment)
- **Address:** 3050 SE Division St, Ste 215 Portland, OR 97202  
1785 NE Sandy Blvd, Ste 270 Portland, OR 97232  
812 SW Washington St, Ste 700 Portland, OR 97205

## Portland DBT Institute | [www.pdbti.org](http://www.pdbti.org)

- **Summary:** DBT Outpatient services, eating disorders-outpatient program, adult / teen and family IOP, skills training, mindfulness.
- **Phone:** (503) 231-7854 | **Email:** [pdbti.org/pdbti-electronic-referral-form](http://pdbti.org/pdbti-electronic-referral-form)
- **Address:** 5200 S Macadam Ave. Portland, OR 97239  
454 17th St. NE, Salem, OR 97301

## Prism | [prismhealth.org/services/mental-health](http://prismhealth.org/services/mental-health)

- **Summary:** Behavioral health services with special consideration for the unique circumstances and challenges of sexual, gender, and romantic minority (SGRM) communities.
- **Phone:** (503) 445-7699 | Email: [prismhealth.org/contact-us](http://prismhealth.org/contact-us) |
- **Address:** 2236 SE Belmont, Portland OR 97214

## Providence: Psychiatric Intensive Outpatient Program | [rovidence.org/intensive-outpatient-program](http://rovidence.org/intensive-outpatient-program)

- **Summary:** Intensive mental health treatment to people in crisis due to severe psychiatric symptoms. Offered for patients no longer in acute crisis, but need further support. The average length of enrollment in this program is 10 days.
- **Phone:** 503-215-9369 | **Email:** N/A
- **Address:** 5228 NE Hoyt St, Building B, Portland, OR 97213

## Stronger Oregon | [strongeroregon.com](http://strongeroregon.com)

- **Summary:** Counseling & Mental Health Services from a Therapist / Counselor for the Treatment of Depression, Anxiety, Trauma, PTSD, Anger & more.
- **Phone:** 541-900-4285 | **Email:** N/A
- **Address:** 6 Locations: [strongeroregon.com/contact-us](http://strongeroregon.com/contact-us)

## Therapy for Black Girls | <https://therapyforblackgirls.com/>

- **Summary:** Find trusted, culturally responsive therapists to provide support and help you navigate life
- **Phone:** N/A | **Email:** [info@therapyforblackgirls.com](mailto:info@therapyforblackgirls.com)

- **Address:** 108 E. Ponce de Leon Avenue, Decatur, GA 30030

## Vista Counseling & Wellness Center | [vistapsych.com](http://vistapsych.com)

- **Summary:** Offers: Evidenced based individual, marriage and couples counseling, child and family therapy, ADHD assessments, yoga, massage therapy.
- **Phone:** (541) 517-9733 | **Email:** [welcome@vistapsych.com](mailto:welcome@vistapsych.com)
- **Address:** 6018 SE Stark St. Portland, OR 97215  
1551 Pearl St. Eugene, OR 97401

## Youth Line | [oregonyouthline.org](http://oregonyouthline.org)

- **Summary:** YouthLine is a free teen-to-teen crisis support and help line. Teens are available to help daily from 4-10pm PST (adults are available by phone at all other times!).
- **Phone:** Call: 877-968-8491 Text: send “teen2teen” to 839863 | **Email:** [teen2teen@linesforlife.org](mailto:teen2teen@linesforlife.org)