

**School Health Services
Multnomah Education Service District
11611 NE Ainsworth Circle
Portland, Oregon 97220
503-257-1732**

Accessing Community Mental Health Resources

Emergency and Crisis Services

School based resources: School Counselor, School Psychologist, School Social Worker, 911

Crisis text line 741741

SafeOregon - to report safety issue anonymously such as bullying, drug use, and threats of violence

Crisis Services 24/7 - see Tri-County Resource list for phone numbers for each county.

Mental Health Crisis line: 888-414-1553

Multnomah County Crisis Line:
503-988-4888

National Suicide Prevention Lifeline 24/7

English: 1-800-273-8255

Spanish: 1-800-628-9454

Oregon Youthline - for youth to connect to other youth

Text: Teen2Teen 839863

877-968-8491

Trevor Project: Supporting LGBTQIA + youth

Text: START to 678678 or call 1-866-488-7386

Immediate follow-up

Call 211 for general information and referrals

School Health Centers, by appointment, for mental health services

Western Psychological & Counseling referral (online) if available at your school

Urgent Walk-in Clinic

4212 SE Division

503-963-2575

7am-10:30pm daily

Insurance is not a barrier

(It's like Zoomcare for mental health)

School Health Services
Multnomah Education Service District
11611 NE Ainsworth Circle
Portland, Oregon 97220
503-257-1732

On-Going Care

If you have private health insurance or an Employee Assistance Program (EAP), call your member services number on the insurance card, or call your employer's Human Resources department.

If you do not have insurance coverage (younger than 19 years old):

- Contact the school nurse
- Call MESD at 503-257-1732 and ask for an OHP Ambassador
- Call 833-OHP-FORU (833-647-3678)
- Go online to OHPcoversme.org

If you have Kaiser: call 503-249-3434 for an intake appointment.

If you have OHP: call an agency below for an appointment:

- | | |
|---|--------------|
| ● Albertina Kerr | 503-255-4205 |
| ● Cascadia | 503-674-7777 |
| ● DePaul | 505-535-1811 |
| ● Kinship House | 503-460-2796 |
| ● Lifeworks Northwest | 503-645-9010 |
| ● Lutheran Community Services | 503-231-7480 |
| ● Morrison Child and Family Services | 503-258-4381 |
| ● NARA | 503-224-1044 |
| ● OHSU Intercultural IPsychiatric Program | 503-494-4222 |
| ● Options | 503-335-5975 |
| ● Trillium Family Services | 503-234-9591 |

Tri-County Resources for:

Emergency and Crisis Services

Youth and Family Resources

Education and Employment Resources

LGBTQIA+ Resources

Basic Services

Housing Resources

Transportation

Health Resources

Grief/Support Group Resources

Shelters

Local Treatment Programs

Substance Use and Recovery Assistance

Older Adult and Disability Services

Socialization

**School Health Services
Multnomah Education Service District
11611 NE Ainsworth Circle
Portland, Oregon 97220
503-257-1732**

**Culturally Specific and Culturally Sensitive
Behavioral Health Resources**

Black/African American

- Central City Concern Imani Center: 503-226-4060
 - <https://centralcityconcern.org/>
 - Culturally specific and responsive Afrocentric approaches to mental health and addictions treatment, peer support and case management
- OHSU Avel Gordly Center for Healing, Portland: 503-418-5311
 - <https://www.ohsu.edu/brain-institute/ohsu-avel-gordly-center-healing-portland>
 - Culturally sensitive care for the African and African-American community
- Miracles Club: 503-249-8559, Julia@miraclesclub.org
 - <https://themiraclesclub.org/en/>
 - Culturally specific African American recover center with recovery mentors and recovery activities
- Lifeworks Northwest: 504-645-9010 or toll free at 888-645-1666, intake@lifeworksnw.org
 - <https://www.lifeworksnw.org/addiction-services/>
 - Substance abuse and addiction treatment services

Native American

- Native American Rehabilitation Association NW: 503-224-1044
 - Info at naranorthwest.org, <https://www.naranorthwest.org/>
 - Culturally appropriate physical and mental health services and substance abuse treatment.
- Grand Ronde Behavioral Health: 800-422-0232 or 503-879-5211
 - portland@grandronde.org, <https://www.grandronde.org/services/health-wellness/behavioral-health/>
- NAYA Family Center: 503-288-8177, ext 219
 - <https://www.nayapdx.org/about/vision/>
- Confederated Tribes of Siletz Indians: 503-238-1512
 - <https://www.ctsi.nsn.us/>
 - Substance use disorder treatment for tribally enrolled individuals.

Latinx/Spanish Speaking

- Central City Concern Puentes
 - <https://centralcityconcern.org/services/health-care/>
 - Alcohol and drug treatment, mental health. Esperanza program offers youth outpatient treatment for the Latinx youth.
- Nacional de Prevención del Suicidio: 1-888-628-9454
 - <https://www.suicidepreventionlifeline.org/help-yourself/en-espanol/>

School Health Services
Multnomah Education Service District
11611 NE Ainsworth Circle
Portland, Oregon 97220
503-257-1732

- For individuals and family members with thoughts of suicide. Also a resource for those supporting others to prevent suicide.
- SAMHSA's National Helpline: 1-800-662-HELP (4357)
 - <https://www.samhsa.gov/find-help/national-helpline>
 - For individuals and family members facing mental and/or substance use disorder. Confidential, free, 24/7 support in English and Spanish
- ADAAGrupo de Apoyo en Línea
 - <https://adaa.org/understanding-anxiety>
 - Spanish language anonymous peer-to-peer online anxiety and depression support group
- Conexiones (Western Psychological & Counseling Services): 503-327-8205
 - <https://www.westernpsych.com/services/western-conexiones>
 - Bilingual Spanish-English providers who offer multicultural counseling and trauma healing services
- Bienestar de la familia: 503-988-6079
 - <https://multco.us/dchs/bienestar-de-la-familia>
 - Bicultural and bilingual staff. Mental health and addiction services, and case management

Asian and Pacific Islander

- Asian Health and Service Center: 503-872-8822, ext 200
 - <https://www.ahscpdx.org/mentalhealth.html>
 - Mental health clinic in Portland. Service in Cantonese, English, Korean, Mandarin, or Taiwanese

Other

- OHSU Intercultural Psychiatric Program: 503-494-4222
 - <https://www.OHSU.edu/brain-institute/psychiatric-department-clinics-and-divisions>
 - Culturally sensitive mental health services to immigrant and refugee communities, Torture Treatment Center of Oregon
- Lutheran Community Services NW: 503-731-9589
 - <https://lcsnw.org/program/multicultural-counseling-services/>
 - Multicultural counseling services in Arabic, Burmese, English, Farsi, French, German, Italian, Nepali, Russian, Spanish, Somali, and Zomi. Can work with an interpreter for other languages.