

Multnomah County Mental Health Crisis Information

CALL	WALK-IN	WE COME TO YOU
MULTNOMAH CO. CALL CENTER	URGENT WALK-IN CLINIC	CHILD, FAMILY, AND ADULT OUTREACH
503-988-4888 Toll-Free 1-800-716-9769	2415 SE 43rd Use west entrance at SE 42nd / Division Bus #4	503-988-4888 Call Multnomah County Call Center
24 hours a day 7 days a week	Hours: 7 AM – 10:30 PM 7 days a week	24 hours a day 7 days a week
Mental Health Crisis Support, Resource and Information Referral	Serves Adults, Children, and Families	The Call Center staff refers based on need

If your concern is a current emergency please call 911 immediately

Verify clients: You have the right to use any hospital or the walk-in clinic for emergency services. Prior authorization is not required for emergency services.

You can get crisis information in the languages below: Please call member services or access them on the county website:

<http://www.co.multnomah.or.us/dchs/mhas/>

Armenian

Bosnian

Cambodian

Chinese

Farsi

Hmong

Korean

Lao

Mien

Romanian

Russian

Somali

Spanish

Vietnamese

COMMUNITY RESOURCE LIST

ALCOHOL - DRUG - ADDICTIONS

- Alcohol & Drug Helpline 1-800-923-4357
 Alcoholic Anonymous (AA) 503-223-8569
 971-327-5523 (Español)
 Allied Health Services 503-252-3949
 6601 NE 78th Ct - *Methadone outpatient treatment. OHP/Insurance accepted.*
 Cascadia Behavioral Healthcare 503-238-0769
 CCC Recovery Center 503-944-4410
 726 W Burnside - *A&D outpatient treatment.*
 CCC/Letty Owings Center 503-235-3546
 2545 NE Flanders - *A&D treatment for women with children 5 yrs or under or pregnant.*
 CCC/Puentes 503-546-9975
 1949 SE 122nd - *Outpatient A&D/mental health services for Latino peoples.*
 Cocaine Anonymous (CA) 503-256-1668
 Call or visit www.caonwa.org for meeting schedule.
 CODA 503-239-8400
 De Paul Treatment Centers, Inc. 503-535-1151
 1312 SW Washington - *Detox, adults only. Residential treatment for adults & youth.*
 Gamblers Anonymous 1-855-2CALLGA (222-5542)
 Hooper Detox 503-238-2067
 1535 N. Williams - *For 18+. Insurance & sliding scale. Oregon resident only. Opens 6:45am, arrive before 7:45am.*
 Iron Tribe 503-847-4880 / 503-913-9585 (Housing)
 Peer support & help for Native Americans.
www.irontribenetwork.org
 LifeWorks NW 503-645-9010 / 888-645-1666
 A&D/mental health services for youth and adults.
 Narcotics Anonymous (NA) 503-345-9839 (24/7)
 Native American Rehab. Assn (NARA) 503-231-2641
 Needle Exchange Info Line 503-280-1611
 NW Bible Training Center 503-289-7758
 Free Christian-based residential treatment for 18+.
 Portland Metro Treatment 503-762-3130
 Problem Gambling Services Program 503-239-5952
 Project Network 503-528-2140
 Residential A&D & mental health treatment for women.
 Quest Center for Integrative Health 503-238-5203
 Sex Addicts Anonymous (SA) 503-452-5961
 SMART Recovery www.smartrecovery.org
 A&D support meetings in the Portland metro area.
 Tobacco Quit Line 1-800-QUIT NOW (784-8669)
 En Español 1-877-2NO-FUME
 Victory Outreach 503-335-3264
 16022 SE Stark - *Faith-based A&D violence, gang treatment support.*

CLOTHING - FOOD

- Blanchet House 503-241-4340
 310 NW Glisan - *Meals served M-Sat: Breakfast 6:30-7:30am. Lunch, 11:30-12:30pm. Dinner, 5-6pm. A&D support & transitional housing.*
 Crossroads Food Bank 503-257-9345
 2407 NE 102nd Ave - *Food provided once a month. Proof of residency & photo ID, TH & F: 9am-12am.*
 Francis Center 503-775-6784
 6535 SE 82nd - *Food box and/or clothing. M-TH: 10-2pm.*
 Grace Memorial Church 503-287-0418
 1535 NE 17th Ave - *Sack lunches, TUW/TH: 11am-1pm. Dinner, Fri: 6pm.*

- Meals on Wheels 503-736-6325
 Meals for 60+ in Multnomah, Washington & Clark County.
 Oregon Food Bank 503-282-0555
 7900 NE 33rd, Portland.
 Portland Dress for Success 503-249-7300
 1532 NE 37th - *Business clothes for women enter the job market.*
 Portland Adventist Community Services 503-252-8500
 11020 NE Halsey St - *Food Pantry, M-F: 9-11am. Proof of residency & ID required.*
 Rahab's Sister Episcopal Church SE 82nd and Ash
 Women only meals, Fri: 7-10pm. *Support for women who have experienced violence.*
 Rose Haven 503-248-6364
 627 NW 18th Ave - *Drop in center for anyone identifying as female, M-F: 8:30-3pm.*
 Sisters of the Road Cafe 503-222-5694
 133 NW 6th and Davis - *Low cost meals, M-F: 10-2pm. Barter or work for services.*
 SNAP/Food Stamps/Oregon Safenet 1-800-723-3638
 Apply at www.oregon.gov/dhs/assistance/pages/foodstamps/snap-info.aspx#apply
 St. Andre Bessette Catholic Church 503-228-0746
 601 W Burnside - *Clothing, hygiene, food, M-F: 9-11am. Food & fellowship, TH-F: 7-8:30pm.*
 St. Francis Church 503-232-5880
 1131 SE Oak - *Food Boxes. No ID or requirements.*
 St. Francis Dining Hall 503-234-2028
 311 SE 11th - *Meals served, M-F: 12:30pm & 5pm, Sun: 3:30pm. Hygiene supplies.*

DOMESTIC VIOLENCE - ASSAULT

- Bradley Angle House 503-595-9591 or 503-281-2442
 Shelter & services for African American & LGBTQ.
 DHS/Child Abuse/Oregon
 Safenet 1-855-503-SAFE (7233)
 Reporting child abuse/neglect.
 DV Resource Center 1-866-469-8600 (24/7)
 Gateway Center for DV Services 503-988-8400
 Portland Bad Date Line 503-535-3901
 A&D reporting for sex workers.
 Portland Women's Crisis Line 1-888-235-5333 (24/7)
 Proyecto UNICA 1-888-232-4448
 Un nuevo inicio para concluir el abuso.
 Raphael House 503-222-6507 / 503-222-6222 (crisis 24/7)
 Shelter services for women & children escaping DV.
 Sexual Assault Resource Center 503-640-5311 (24/7)
 YOA Home Free 503-771-5503

ENERGY-RENT-EMERGENCY HELP

- Heat Oregon www.heatoregon.org
 Help with paying natural gas, apply online.
 Human Solutions Assistance Hotline 503-405-7877
 Impact NW 503-988-6020
 Low Income Energy Assistance Program
www.oregon.gov/ohcs/pages/sos_low_income_energy_assistance_oregon.aspx
 Neighborhood House 503-246-1663
 Oregon Lifeline
 (Telephone Assistance Program) 1-800-848-4442
 Apply online at www.rspl.org
 SEI Community Services 503-285-0493
 Your Next Step www.yournextsteporans.org
 One-time bill pay assistance.

EMPLOYMENT - RE-ENTRY

- Mercy Corps Re-Entry Transition Center 971-255-0547
 1818 NE MLK Jr. Blvd, Suite C - *M-Th: 9-5pm. Fri 9-4pm.*
 Vocational Rehabilitation 971-673-2555
 Training & employment for individuals with disabilities.
 WorkSource Center 503-280-6048 (N)
 503-772-2300 (SE)
 Job leads, training & resources, M-F: 8am-5pm.

GAY - LESBIAN - BI - TRANS

- Outside In/Trans Clinic/ID Project
 (name change help) 503-535-3828
 Pivot/CAP 503-445-7699
 209 SW 4th - *Support services for MSM & transgender persons who identify as male.*
 Q Center 503-234-7837
 Social, support and events. www.pdxqcenter.org
 Resources PDX www.resourcespdx.org
 Local health directory for LGBTQ community.
 SMYRC 503-872-9664
 2450 NE Sandy Blvd, Suite 100 - *Serving youth 12-23 years old.*
 Triangle Project/Cascadia 503-230-9654
 2415 SE 43rd Suite 200 - *A&D/mental health treatment for LGBTQ community.*

HEALTH - MEDICAL - DENTAL

Call for eligibility, cost and other details

- Aging and Disability Helpline 503-988-3646
 Billi Odegaard Dental Clinic 503-988-5770
 33 NW Broadway, Suite 380 - *Dental care for the homeless, M-F: 8:30am-6:30pm.*
 CCC Health Services/Old Town Clinic 503-228-4533
 Children's Community Clinic 503-284-5239
 27 NE Killingsworth St - *Medical care for 0-21 yrs old. Call for appt. & fees.*
 Chronic Disease
 Self-Management Classes 1-888-576-7414
www.healthoregon.org/livingwell
 Community Clinics www.coalitionclinics.org
 Directory of clinics for low income/uninsured.
 Cover Oregon 1-855-268-3767
 Apply for OHP or other coverage at www.coveroregon.com
 Medical Teams Int'l 503-624-1026
 Free urgent van dental care per eligibility. *Extractions only.*
 Multnomah County Health Clinics 503-988-5558
 Primary care call 8am-4:45pm for appt.
 Multnomah Dental Access 503-988-6942
 Dental emergencies only, M-F: 8am-4:45pm. *Call for appt.*
 NCNM Clinics 503-552-1515 / 503-552-1502 (Español)
 Naturopathic medical clinics for low income/uninsured.
 North by NE Health Center 503-287-4932
 3030 NE MLK Jr. Blvd - *Basic medical uninsured adults, M-F: 9am-5pm.*
 Outside In 503-535-3800
 1132 SW 13th - *Medical for 25 & under. Homeless/OHP. New patient walk-in 8:30am. Call for appt, M-F: 9-5pm.*
 OHSU - Richmond Clinic 503-418-3900
 3930 SE Division - *Primary medical care for homeless or uninsured, M-F: 8am-8pm / Sat: 9am-1pm.*
 OHSU Walk-in Clinic 503-418-1500
 4212 SE Division - *M-F: 8am-8pm / Sat: 9am-1pm.*
 Oregon Health Plan 1-800-273-0557
 Oregon Polson Control Center 1-800-222-1222

Continued on Back

Suicide Hotline (24/7)
 1-800-273-8255

Crisis Line
 503-988-4888

Call 211 for info

Pacific Eye Care..... 503-352-2500
Accepts OHP/sliding scale for eye exams.
 Prescription Drug Assistance..... 1-800-913-4146
Prescription drug cost assistance for Oregon residents.
www.oregon.gov/OHA/pharmacy/QPDP/pages/applicationpage.aspx
 Ride Connection..... 503-228-070
 Rosewood Family Health Center..... 503-772-4335
 Southwest Community Health Center..... 503-977-0733
Low income or uninsured. Primary care, M-TU: 6pm-8pm, TH: 4pm-7pm. NO WALK INS.
 Social Security Admin..... 1-800-772-1213
 1538 SW Yamhill - Apply www.socialsecurity.gov/onlineservices/#a0=0
 TriMet Medical Transport..... 503-962-8700
 Wallace Medical Concern..... 503-489-1760 x2
 124 NE 181st - Basic & urgent care, M-F: 8am-5pm.

HIV / AIDS CARE

CAREAssist..... 971-673-0144 / 1-800-805-2313
Low income support for medication & counseling.
 Cascade AIDS Project..... 503-223-5907
 Esther's Pantry..... 503-349-4699
 2727 SE Adler - Supplemental food for people with HIV/AIDS.
 HIV Day Center..... 503-460-3822
Meals, laundry and support, M/T/TH/F: 9am-3pm.
 Multnomah County HIV Clinic..... 503-988-5020
 1538 SW Stark, Suite 200 - *Low cost testing & support for Oregon residents, M-F: 8-5pm.*
 OHSU Internal Medicine Clinic..... 503-494-8562
 Oregon AIDS/STD Hotline..... 1-800-777-2437
 Espanol 1-800-499-6940
 Our House..... 503-234-0175
 Partnership Project..... 503-230-1202
Case management & free counseling by referral.
 Quest Center for Integrative Health..... 503-238-5203
 Russell Street Dental..... 503-494-6822
 214 N Russell St. - Dental services for persons with HIV/AIDS, M-F: 7:30am-2:30pm.

HOUSING AND HOMELESS

Central City Concern (CCC)..... 503-525-8483
 523 NW Everett - *Wait list for housing.*
 City Team Ministries..... 503-231-9334
 526 SE Grand - *M-Sat: \$5 night voucher, check-in/dinner at 5:45-6:30pm. Sun: Shelter only (check-in 6-6:30pm). Men only shelter. Mon/Wed: clothing. Women showers & hygiene, M-F: 1:30-4:30pm.*
 Home Forward..... 503-802-8300
 135 SW Ash - *Low income housing & rental assist.*
 Housing Connections..... www.housingconnections.org
 JOIN..... 503-232-2031
 1435 NE 81st Ave - *Day center 10-3pm. Showers, laundry, phone, internet & mail.*
 NW Pilot Project..... 503-227-5605
 1430 SW Broadway, Suite 200 - *Housing services and support 55+.*
 Oxford House..... 1-800-689-6411
www.oxfordhouse.org. *Affordable, shared housing for sober adults & children.*
 Porchlight & Streetlight Youth Shelters..... 503-222-5933/503-432-3986
 Portland Homeless Family Solutions (PHFS)..... 503-915-8306
 Portland Community Reinvestment Initiative (PCRI)..... 503-288-2923
Affordable housing in N/NE Portland.
 Portland Rescue Mission..... 503-906-7690
 111 W. Burnside - *Check-in dinner/shelter 5:30pm. Showers 2-4pm. Men only shelter.*
 REACH Community Development..... 503-231-0682
Affordable housing in Portland/Metro area.
 Recovery Association Project..... 503-388-1413 (call/text)
www.rap-nw.org *Shared housing for sober adults & children.*

Salvation Army Female Emergency Shelter (SAFES)..... 503-227-0810
 30 SW 2nd Ave - *Women's shelter, hygiene & support. Call to check in.*
 Transition Projects..... 503-280-4700
 650 NW Irving - *Housing support, shelters for men & women. Day center services, hygiene & voice mail.*
 Veterans Resource & Referral Center (CRRC)..... 503-808-1256

PARENTING/FAMILY RESOURCES

Albina Head Start & Early Head Start..... 503-282-1975
 Black Parent Initiative..... 503-284-8000
 Impact Northwest..... 503-988-6000
 Lifeworks NW..... 503-283-4778 x3868
Children's Relief Nurseries, parent/infant class and family support.
 Pathfinders Center for Family Success..... 503-286-0800
Support & education for families experiencing re-entry.
 WIC..... 503-988-3503
Supplemental food & resources for women, infants and children.

LEGAL

Catholic Charities..... 503-542-2855
 2740 SE Powell, suite 2 - *Immigration services.*
 Child Support Helpline..... www.oregonchildsupport.gov
 Dept. of Motor Vehicles (DMV)..... 503-299-9999
www.oregon.gov/dod/dmv/
 Immigration Counseling Services..... 503-221-1689
Low cost immigration counseling, help & support.
 Legal Aid Services of Oregon..... 503-224-4086
www.oregonlawhelp.org *Low cost legal help & advice.*
 Lutheran Community Svcs NW..... 503-231-7480
 605 SE Cesar Chavez Blvd - *Immigration help.*
 Veterans Project/Metro Public Defender..... 503-225-9100
 630 SW 5th, Suite 500 - *Help for vets legal, no criminality cases.*

MENTAL HEALTH SUPPORT

24-hr Suicide Prevention Hotline..... 1-800-273-8255
 Avel Gordley Healing Center (OHSU)..... 503-418-5311
 621 SW Alder, Suite 520 - *Mental health support & addiction services.*
 Cascadia Behavioral Health..... 503-674-7777
 SE 42nd & Division - *Walk-in services, 7am-10:30pm.*
 David Romprey Oregon Warmline..... 1-800-698-2392
Talk to someone for general support. Hours of availability vary.
 Folk Time..... 503-238-6428
 232 SE 80th - *Peer support & activities for mental health recovery.*
 Lewis & Clark Comm. Counseling..... 503-768-6320
 4445 SW Barbur Blvd - *M-F: 8am-9pm. Sliding scale \$10-\$50.*
 NAMI Multnomah..... 503-228-5692
 524 NE 52nd Ave - *M-F: 10am-3pm.*
 North Star/Luke-Dorf, Inc..... 971-271-7273
 5600 NE Gilsan - *M-TH: 9-5pm. F: 9-6pm. Sat: 10-3pm.*
 New Options for Women/Lifeworks NW..... 503-761-5272 x6903
 17214 SE Division - *Support for women to exit the sex industry. M-F: 9-5pm.*
 Oregon Military Asslt. Help-Line..... 1-800-511-6944 (24/7)
 Pacific Psychology Clinic..... 503-352-2400
 Portland Crisis Line..... 503-988-4888/1-800-716-9769(24/7)
 Portland Women's Crisis Line..... 1-888-235-5333 (24/7)
 Quest Center for Integrative Health..... 503-238-5203
 2901 E Burnside - *Accepts OHP, no sliding scale. M-TH: 8-6pm. F: 8:30-5:30pm.*
 Suicide Crisis Line, Español..... 1-888-628-9454
 William Temple House..... 503-226-3021
 2023 NW Hoyt - *Sliding scale counseling for individuals, couples & families. No Espanol.*

TESTING (Hep, HIV, STD, TB, Preg) AND FAMILY PLANNING

Any Lab Test Now..... 503-241-6378
M-F: 8am-6:30pm & Sat: 9am-2pm
 Cascade AIDS Project (CAP)..... 503-278-3879
 208 SW 5th, suite 800 - *Rapid HIV testing, M-F: 10-3:30pm. OHP/insurance or donation.*
 CAP-Clark County..... 360-750-7964
 3701 E. 4th Plain Blvd, Vancouver - *Free HIV/STD testing for MSM populations, TU: 11am-1pm, TH: 4-8pm.*
 Clark County Public Health..... 360-750-8610/360-397-8086
 3701 E. 4th Plain Blvd, Vancouver - *Needle Exchange. HIV/Hep C testing for IDUs. MW: 3-5:30pm & F: 3-4:30pm.*
 Downtown Women's Center..... 503-224-3435
All pregnancy options/women's health services. All insurance is accepted.
 Multnomah County Health Clinics
 428 SW Stark Street, Portland
 • HIV/STD Testing @ 6th Door..... 503-988-3700
 • Immunizations..... 503-988-3828
 • TB Clinic..... 503-988-3406
 Outside In..... 503-535-3800
 Pivot..... 503-445-7699
 209 SW 4th - *First come first served basis testing for gay/bi/trans people. HIV for 24 yrs old under every 2nd & 4th Mon: 3-7pm. HIV/STD/Syphilis, TU: 5-8:30pm. HIV/STD/Syphilis, W: 1-3:30pm/4-7pm. HIV/Syphilis, TH/F: 3-7pm.*
 Planned Parenthood Call Center..... 503-788-7273
HIV/STD/Preg testing. Pap, birth control & abortion services.
 Westover Heights Clinic..... 503-228-6678
HIV/STD/Hep/Preg/Testing. Women's health/primary care. Insurance & Care Oregon. Herpes info: <http://westoverheights.com/handbook.html>

EAST COUNTY/CLACKAMAS

Alcohol/Drug/Mental Health Support
 CCC/Eastside Concern..... 503-253-5954
 1949 SE 122nd - *A&D/DV treatment & counseling. M-TH: 9-5pm & F: 9-4pm. Sliding scale & Medicaid.*
 Centerstone..... 503-722-6200
Mental health support. Walk-ins M-F: 9-8pm, S/U: 10-7pm.
 Clackamas County Crisis Line..... 503-655-8585 (24/7)
 Western Psych. Counseling Services..... 503-666-8832
Mental health support/counseling. Call for new patient intake.
Medical/Dental Care
 Clackamas County Medical/Dental Care..... 503-655-8471
 East County Health Center..... 503-988-5155
Medical, STD, family & prenatal care.
 Legacy Mt. Hood Medical Clinic-Gresham..... 503-674-1580
 24988 SE Stark, Ste 220, bldg. 3 - *M-F: 8-5pm. Insurance/OHP.*
 Mt. Hood Comm. College Dental Hygiene..... 503-491-7176
 26000 SE Stark - *Cleaning/tourist treatments, no extractions.*
 Wallace Medical Concern-Gresham..... 503-489-1760 x2
 124 NE 181st - *M-F: 8am-5pm*
Basic Needs/Housing/Food
 Ambleside Meals on Wheels People..... 503-953-8201
 Bridges to Change..... 503-465-2749 or 503-348-9595
Mentoring/counseling for people in re-entry from incarceration.
 Clackamas Service Center..... 503-771-7914
 8800 SE 80th Ave - *Food, clothes, medical, dental. Needle exchange, TH: 2-5pm.*
 Clackamas Women's Services..... 503-655-8600
 256 Warner Milney Rd, Oregon City - *Services for DV sexual abuse survivors.*
 East Area Aging & Disability..... 503-988-3840
 El Programa Hispano..... 503-669-8350
 138 NE 3rd St, ste 140, Gresham - *Emergencia, legal, empleo, y ayuda adicional para Latinos. M-TH: 9-5pm. Fri by appt only.*
 Gresham Self-Sufficiency Office..... 503-491-1979
 SNAP/OHP/Social assistance for Gresham residents.
 Snow Cap Community Charities..... 503-674-8785
 17805 SE Stark - *Drop in community center providing clothing, food & showers. Must bring proof of ID to show client lives east of 82nd. M/W/TH/F: 10-2pm. TU: 10-4pm. W: 6-8pm.*

The contents of this list are options and not endorsed by the Multnomah County Health Department. Call 503-988-3030 to update.
 Download and print at www.multco.us/sites/default/files/health/documents/community_resource_list.pdf

Bradley Angle House & The Hispanic Program:
Alejandra (English and Spanish).....669-8350
Sylvia (English and Spanish).....281-2442
or contact: Jeannie LaFrance 232-7805 (English Only)
Fee: Free
Services: Domestic violence prevention and support group for Spanish-speaking women. The group is confidential.

Emanuel Hospital.....413-4840
Fee: Free
Services: Support groups Wednesdays 6:30-8:30 pm. Childcare provided.

BATTERERS GROUPS (for women)
See Men's Resources for batterers' groups and other support groups for men.

Phoenix Rising.....223-8299
602 SW 5th Suite 710
Fee: \$10-30 sliding scale
Services: Support Group for lesbian batterers.