



## NAMI Quick Resource List

For additional resources please visit [namimultnomah.org/resources](http://namimultnomah.org/resources).

### Crisis Resources

- Multnomah County Crisis Line ..... 503-988-4888  
*Ask for Project Respond's Mobile Crisis Team*
- Cascadia Walk-In Clinic (off Division St.) ..... 7 a.m. to 10:30 p.m., 4212 SE Division St.
- Emergencies Requiring **ECIT** Police Assistance ..... 9-1-1  
*Ask for emergency responders that have received **Enhanced Crisis Intervention Training** because they have additional training and experience with mental health emergencies.*

### Hospitals with Psychiatric Units

- Cedar Hills (does NOT accept the Oregon Health Plan) ..... 503-944-5000
- Brookside (Kaiser Insurance only) ..... 503-571-9240
- Providence NE ..... 503-574-9235
- Providence St. Vincent ..... 503-216-1234
- Unity Center ..... 503-944-8000

### NAMI Affiliate & State Organizations

- NAMI Clackamas County ..... 503-344-5050
- NAMI Multnomah ..... 503-228-5692
- NAMI SW Washington ..... 360-695-2823
- NAMI Washington County ..... 503-356-6835
- NAMI Oregon ..... 503-230-8009

### Treatment Options that take the Oregon Health Plan

- Cascadia (OHP only) ..... 503-674-7777
- Central City Concern (OHP only) ..... 503-228-7134
- Good News Clinic (sliding scale, OHP, Medicare) ..... 503-489-0567
- Integrated Trauma Center NW (OHP, private insurance) ..... 971-266-6910
- Lifeworks (OHP only) ..... 503-645-9010
- New Narrative (sliding scale, OHP, Medicare, private insurance) ..... 503-726-3742
- Pacific University Psych (sliding scale, OHP, low-cost for veterans) ..... 503-352-2400
- Portland DBT (OHP, Medicare, private insurance, no prescribers) ..... 503-231-7854
- Programa De Hispana (mental health treatment in Spanish) ..... 503-669-8350
- Quest Center (sliding scale, OHP, Medicare, private insurance) ..... 503-238-5203
- Western Psych (OHP, Medicare, private insurance) ..... 503-253-4600

## NAMI Quick Resource List

### Additional Treatment Options

Anxiety & Panic Treatment Center ( <i>private insurance, Medicare, no prescribers</i> ).....	971-645-0033
Behavioral Healthcare NW ( <i>private insurance, Medicare, no prescribers</i> ) .....	503-252-9690
EASA Early Assessment .....	503-988-3272
<i>(Support with first psychosis episode, ages 15-25; free through Multnomah County)</i>	
Flanders Clinic ( <i>private insurance only, Psychiatrists only</i> ).....	503-226-0558
Lewis & Clark Community Counseling ( <i>sliding scale only</i> ).....	503-768-6320
Men’s Resource Center ( <i>sliding scale, private insurance, no prescribers</i> ) .....	503-235-3433
NW Catholic ( <i>sliding scale, private insurance, Medicare</i> ).....	503-253-0964
OHSU ( <i>private insurance, Medicare</i> ).....	503-494-6176
Sundstrom Clinical Services ( <i>private insurance, Medicare, no prescribers</i> ).....	503-653-0631
PSU Non-Student ( <i>low-cost only, no prescribers</i> ).....	503-725-4620
William Temple House ( <i>low-cost only, no prescribers</i> ).....	503-226-3021
Wise Counsel & Comfort ( <i>sliding scale, private insurance, Medicare</i> ).....	503-482-2203

### Dual Diagnosis Treatment

Central City Concern ( <i>outpatient, OHP only</i> ).....	503-228-7134
DePaul ( <i>In and outpatient, takes most insurance</i> ) .....	503-535-1151

### Naturopathic

Ameda ( <i>OHP, private insurance</i> ).....	503-239-8181
Portland Neuro-feedback PATH Center ( <i>private insurance</i> ).....	971-940-2601
Sellwood Family ( <i>private insurance</i> ).....	503-233-8113

### Children’s Mental Health

Albertina Kerr .....	503-408 4705
Child Development Rehabilitation ( <i>Autism +</i> ).....	503-494-8312
FACT Oregon ( <i>for parents of minor children with disabilities</i> ).....	503-786-6082
Morrison Center.....	503-258-4381
Multnomah County Wrap Around.....	503-988-4161
<i>(Support for children with serious mental health differences and their families, OHP only)</i>	
Options Counseling & Family Services, Portland Office .....	503-335-5975
Mind Matters .....	503-352-0468
Trillium Family Center ( <i>private insurance only</i> ) .....	503-234-9591

## NAMI Quick Resource List

### Shelters and Services for People Experiencing Houselessness

Do Good Multnomah ( <i>veterans' overnight shelter</i> ).....	503-490-0285
Mabelle Center .....	503-222-5720
<i>Services for mental health peers experiencing houselessness: day services, help finding housing.</i>	
Outside In ( <i>shelter for ages 18-23; medical clinic for 30 and under</i> ) .....	503-535-3800
Portland Homeless Family Solutions ( <i>family shelter</i> ).....	503-595-9390
Portland Rescue Mission .....	503-647-7466
<i>Offers overnight shelter for men, transitional shelter for all, and meals for all.</i>	
Rafael House ( <i>domestic violence shelter</i> ) .....	503-222-6222
Street Light Porch Light ( <i>ages 17 to 24, shelter +</i> ).....	503-224-5988
Transition Projects ( <i>transitional shelter for all, day services for all</i> ).....	503-280-4700
JOIN ( <i>showers, mailing address, day services</i> ).....	503-232 2031
Women's SAFES ( <i>women's overnight shelter</i> ).....	503-227-8681

### Housing Resources

Cascadia .....	503-238-0769
<i>(Offers group homes, apartments with staff, and regular apartments for mental health peers only)</i>	
Central City Concern ( <i>apartments</i> ).....	503-525-8483
Human Solutions ( <i>apartments and utility assistance</i> ).....	503-548-0200
Innovative Housing ( <i>apartments</i> ) .....	503-226-4368
New Narrative .....	503-726-3742
<i>(Offers group homes, apartments with staff, and regular apartments for mental health peers).</i>	
Multnomah County Mental Health ( <i>group homes</i> ).....	503-988-5464
NW Pilot Project ( <i>help finding housing for 55+</i> ) .....	503-227-5605
PCRI ( <i>apartments in north and northeast Portland</i> ).....	503-228-2923
REACH ( <i>apartments</i> ).....	503-231-0682
Transition Projects.....	503-280-4700

### Legal Resources

Disability Rights Oregon.....	503-243-2081
<i>(Assists when someone's being discriminated against based on a disability)</i>	
Legal Aid .....	503-224-4086
Multnomah County Public Guardians .....	503-988-4567
<i>(Provides information about third-party guardians and about guardianships in general)</i>	
Resolutions NW .....	503 595 4890

## NAMI Quick Resource List

### Miscellaneous Services

Adult Protective Services ( <i>report elder or other adult abuse</i> ).....	503-257-9345
Crossroads Food Bank ( <i>food boxes</i> ).....	503-257-9193
David Romprey Warm Line ( <i>non-emergency peer listening line</i> ).....	800-698-2392
Folk Time ( <i>day center for mental health peers</i> ).....	503-238-6428
Gateway Center ( <i>resources for those experiencing domestic violence</i> ).....	503-988-6400
Hollywood Senior Center ( <i>age 60+ day center</i> ).....	503-288-8303
Independent Living Resources (ILR) .....	503-232-7411
<i>(Case management, classes, and groups for those with disabilities)</i>	
Lupine Case Management ( <i>case management</i> ).....	503-284-1039
Mental Health Association of Oregon .....	503-922-2377
<i>(Peer support specialist matching service and peer advocacy)</i>	
Northstar .....	971-271-7273
<i>(Clubhouse for mental health peers, job skills, community, etc)</i>	
Oregon Health Plan (OHP).....	503-945-5772
Project Access Now ( <i>OHP sign up help</i> ).....	503-345-6553
St. Francis Dining Hall ( <i>meals, day services, case workers, medical</i> ).....	503-234-2028
Tri-Met Lift .....	503-962-8000
Q Center ( <i>resources for the local LGBTQ+ community</i> ).....	503-234-7837
Trevor Project Lifeline ( <i>LGBTQ+ youth</i> ).....	866-488-7386
Transition Projects ( <i>resource center, shelters, housing</i> ).....	503-280-4700

### Find a Peer Support Specialist

- Cascadia (*OHP only*)..... 503-238-0769
- Central City Concern (*OHP only*)..... 503-525-8483
- Lifeworks (*OHP only*)..... 503-645-9010
- New Narrative (*sliding scale, OHP, Medicare, private insurance*)..... 503-726-3742

### Find a Therapist

Psychologytoday.com (*find a therapist*)

Portlandtherapycenter.com (*find a therapist*)