



NAMI Quick Resource List

For additional resources please visit namimultnomah.org/resources.

Crisis Resources

Multnomah County Crisis Line 503-988-4888
 Can dispatch crisis services through Project Respond Mobile Mental Health Crisis Response Team
 Interpretation available for non-English speakers, Hearing-impaired: dial 711
 Cascadia Walk-In Clinic 7 a.m. to 10:30 p.m., 4212 SE Division St.

Hospitals with Psychiatric Units

Providence NE (OHP, private insurance).....503-574-9235
 Providence St. Vincent (OHP, private insurance).....503-216-1234
 Unity Center (OHP, private insurance).....503-944-8000
 Cedar Hills (Private insurance only)503-944-5000
 Brookside (Kaiser Insurance only)503-571-9240
 Rainier Springs - Vancouver, WA (Private insurance, CHPW).....360-583-3886

Treatment Options that accept OHP

Cascadia (OHP only).....503-674-7777
 Crisis intervention, outpatient medication management, therapy, addiction services, peer support, and community referrals
 Central City Concern (OHP only).....503-228-7134
 Outpatient Counseling, medication management, addiction services, housing and vocational support
 New Narrative (OHP, sliding scale, Medicare, private insurance).....503-726-3742
 Residential and Outpatient mental health and addiction services, medication management, and housing support
 Lifeworks (OHP only).....503-645-9010
 Residential and Outpatient mental health and addiction services, peer services for both adults and youth
 Integrated Trauma Center NW (OHP, private insurance)971-266-6910
 Outpatient individual therapy, group therapy, and medication management
 OHSU Psychiatry Clinic (OHP, Medicare, private Insurance).....503-494-6176
 Outpatient therapy, medication management, and methods for treatment resistant depression such as ECT
 PNW Behavioral Health (OHP, private insurance).....971-258-2120
 Outpatient individual and family therapy, and medication management
 LifeStance Health (OHP, Medicare, private insurance).....503-253-4600
 Outpatient individual, group, and family therapy, and medication management. Servicios disponibles en español

NAMI Quick Resource List

Outpatient Counseling

William Temple House (low cost).....	503-226-3021
PSU Non-Student Community Counseling (low cost).....	503-725-4620
Lewis & Clark Community Counseling (sliding scale only).....	503-768-6320
Quest Center (OHP, sliding scale, Medicare, private insurance).....	503-238-5203
Individual and group counseling	
Pacific University Psych (OHP, sliding scale)	503-352-2400
Wise Counsel & Comfort (OHP, sliding scale, private insurance, Medicare).....	503-482-2203
Individual and group counseling	
To find more local therapy options, search PortlandTherapyCenter.com or PsychologyToday.com	

Addiction-Specific Treatment Options

CODA Healthcare (OHP, private insurance).....	855-733-2632
Residential & Outpatient treatment, medication assisted treatment, case management, supported housing	
FORA Health (OHP, private insurance).....	503-535-1151
Residential & Outpatient treatment, detox, medication assisted treatment	
Portland Metro Treatment Center (OHP, Medicare, private insurance).....	877-284-7074
Outpatient treatment, detox, medication assisted treatment	
Acadia CTC (OHP, Medicare, private Insurance).....	855-901-0532
Outpatient treatment, detox, medication assisted treatment	

Eating Disorder Treatment Options

Monte Nido(OHP, private insurance).....	888-228-1253
Residential, PHP, IOP, group therapy, medical oversight, comprehensive discharge planning	
Providence St. Vincent (OHP, private insurance).....	503-216-1234
PHP, group therapy, medical oversight, comprehensive discharge planning	

Children & Youth Mental Health Resources

Albertina Kerr (OHP, private insurance).....	503-408-4705
Short-term sub acute psychiatric inpatient, I/DD group homes & enrichment, outpatient mental health services, medication management	
Morrison Center (OHP, private insurance).....	503-258-4381
Comprehensive mental health assessment, treatment planning, individual and family therapy, medication management	
Multnomah County Wrap Around (OHP only).....	503-988-4161
Individualized treatment planning and support for children with serious mental health differences and their families	
EASA (Early Assessment and Support Alliance) (OHP, sliding scale, private insurance).....	503-988-3272
Assessment, diagnosis, treatment planning and support for youth having symptoms of psychosis for the first time and their families	
Options Counseling & Family Services (OHP, private insurance).....	503-335-5975
Outpatient individual & group therapy, family stabilization, support, and connections	
Child Development & Rehabilitation Center (OHP, private insurance).....	503-494-8312
Comprehensive evaluation, treatment planning, educational & behavioral consultation	
FACT Oregon	503-786-6082
Support services for children with disabilities and their families	



NAMI Quick Resource List

Shelters for People Experiencing Houselessness

Transition Projects	503-280-4700
TPI Resource center also offers day services and can refer to other shelters with open beds	
Portland Rescue Mission	503-647-7466
City Team (men’s shelter).....	503-231-9334
Women’s SAFES (women’s shelter).....	503-227-8681
Portland Homeless Family Solutions (family shelter).....	503-595-9390
Raphael House (domestic violence shelter).....	503-222-6222
Janus Youth Shelters (youth 17-24).....	503-224-5988
Do Good Multnomah (veterans shelter & transitional housing).....	503-490-0285
For more information on shelters and other resources.....	211 or 866-698-6155

Housing Resources

Central City Concern (affordable housing).....	503-525-8483
New Narrative (transitional, permanent supportive, and independent housing).....	503-726-3742
Cascadia (affordable housing & permanent supportive housing).....	503-238-0769
Our Just Future (affordable housing & utility assistance).....	503-548-0200
REACH (affordable housing).....	503-231-0682
Home Forward (affordable housing).....	503-802-8300
For more information on housing resources and more.....	211 or 866-698-6155

Food Resources

Oregon Public Benefits Hotline.....	800-520-5292
Oregon Metro Food Bank.....	503-282-0555
Portland Rescue Mission (Dinner & Breakfast served daily).....	503-647-7466
William Temple House (Food pantry).....	503-715-0320
For more information on food resources and more.....	211 or 866-698-6155

Legal Resources

Disability Rights Oregon (help with legal issues related to disability).....	503-243-2081
Legal Aid (Civil legal help for low income Oregonians).....	503-224-4086
Immigration Legal Services.....	503-542-2855
Victim Rights Law Center (Legal help for victims of sexual assault).....	503-274-5477 x6



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Day Services for Mental Health Peers

Maybelle Center (day center for mental health peers experiencing poverty).....	503-222-5720
Folk Time (day center for mental health peers).....	503-238-6428
ComfortZone (day center for mental health peers).....	503-941-5194
Northstar (day center for mental health peers, referral required).....	971-271-7273

Senior Resources

Community for Positive Aging (Hollywood senior center)	503-288-8303
YWCA Senior Services (referrals, resources, and activities).....	503-294-7400
Aging & Disability Resource Center (referrals).....	503-988-3646

Resources for Adults with Disability

Independent Living Resources (case management, classes, & activities).....	503-232-7411
Edwards Center (day center for those with I/DD or who are medically fragile).....	503-642-1581
Tri-Met Lift (paratransit).....	503-962-8000

Help Accessing Health Insurance

Project Access Now (OHP sign up help).....	503-345-6553
NAMI Clackamas Peer Resource Connection	503-344-5050

Individual Peer Support

Central City Concern (OHP only)	503-525-8483
New Narrative Self-Directed Services (OHP, sliding scale, Medicare, private insurance).....	503-726-3738
MHAAO Evolve	503-922-2377
NAMI Washington County Peer Support Specialists.....	(503) 356-6835
David Romprey Warm Line (non-emergency peer listening line).....	800-698-2392

NAMI Affiliate & State Organizations

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