



Behavioral Health Community Resource List

Crisis Behavioral Health

Mental Health Crisis Lines (24/7):

Multnomah County Crisis Line: (503) 988-4888

Washington County Crisis Line: (503) 291-9111

Clackamas County Crisis Line: (503) 655-8585

Clackamas County Non-emergency line: (503) 742-5335

SW Washington Crisis Line: (800) 626-8137 or TTY (866) 835-2755

Cascadia Behavioral Healthcare Urgent Walk-in Clinic

503-963-2575

<https://cascadiabhc.org/>

Cascadia provides mental health services for adults, families, and children. Receive immediate, in-person care for a behavioral health crisis at Cascadia Behavioral Healthcare Urgent Walk-In Clinic located at 4212 SE Division St, Portland, OR 97206. Serves anyone at no cost.

Project Respond

503-988-4888

Mobile crisis services are available if you can't get to the urgent walk-in clinic, or are trying to get help for someone else.

General Behavioral Health

Unity Center for Behavioral Health

<https://www.unityhealthcenter.org/>

Access Information and Referral Team at 503-944-8009

Unity provides 24/7 behavioral health and mental health services to the greater Portland Metro area. They provide immediate psychiatric care, crisis stabilization and intervention, family and peer support, and more.

Multnomah County Health Clinics

(503) 988-5558

www.multco.us/health/primary-care-clinics

Multnomah County provides low-cost family health care at seven locations. Provides care to all Multnomah County residents, including those who are low-income and uninsured.

Providence Behavioral Health

(503) 574-9235

Inpatient Psychiatric Triage Services available 24/7.

Culturally Specific Behavioral Health Resources

Black/African-American

- [Central City Concern Imani Center](#) | 503-226-4060 - 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 - Culturally sensitive care for the African and African-American community.
- [Lifeworks Northwest](#) | 503-645-9010 or 888-645-1666 (toll-free), intake@lifeworksnw.org - Substance abuse and addiction treatment services.
- [Miracles Club](#) | 503-249-8559, Julia@miraclesclub.org - Culturally-specific, African American recovery center.
- [Black Mental Health of Oregon](#) | 971-284-7502 - Ethnocultural effective services, such as educational training and community classes.
- [Aspire/Stay Clean](#) | 503-432-8704 - Recovery support from drugs, alcohol, gambling and or other addictive behaviors.

Native American

- [Native American Rehabilitation Association NW](#) | 503-224-1044, info@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 - Outpatient mental health and alcohol and drug assessment and treatment program for Grand Ronde tribal members.
- [NAYA Family Center](#) | 503-288-8177 ext 219
- [Confederated Tribes of Siletz Indians](#) | 503-238-1512 - Substance use disorder treatment for tribally enrolled individuals.
- [Painted Horse Recovery](#) | 971-205-5144 - Recovery community organization providing Indigenous Native-based addiction recovery support services
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Latinx/Spanish Speaking

- [Central City Concern Puentes Program](#) | Alcohol/drug treatment, mental health. Esperanza program offers outpatient treatment for Latinx youth.

- [SAMHSA's National Helpline](#) | 1-800-662-HELP (4357) - For anyone facing a mental and/or substance use disorder. Confidential, free, 24/7 support in English and Spanish.
- [Conexiones \(Western Psychological & Counseling Services\)](#) | 503-327-8205 - Bilingual Spanish and English. Multicultural counseling and trauma healing services.
- [Bienestar de la familia](#) | 503-988-6079 - Bicultural and bilingual staff. Mental health and addiction services, case management.

Asian and Pacific Islander

- [Asian Health and Service Center](#) | 503-872-8822 ext 200 - Mental health services in Cantonese, English, Korean, Mandarin or Taiwanese.

Other

- [OHSU Intercultural Psychiatric Program](#) | 503-494-4222 - Culturally sensitive mental health services for immigrants and refugees. Torture Treatment Center of Oregon.
- [Lutheran Community Services NW](#) | 503-731-9589 - Multicultural counseling services in Arabic, Burmese, English, Farsi, French, German, Italian, Nepali, Russian, Spanish, Somali and Zomi. Interpreters available for other languages.
- [Crisis Line for Racial Equity Support](#) | 503-575-3764 - Monday-Friday, 9am-5pm. Dedicated to, and staffed by Black, Indigenous, and People of Color (BIPOC). Get help and support from a counselor who has lived experience of racism.

Culturally Specific Domestic Violence Resources

Black/African-American

- [Bradley Angle Healing Roots Program](#) | 503-235-5333, email kenyab@bradleyangle.org

African

- [IRCO Africa House](#) | 503-802-0082, email djimetd@irco.org

Native American

- [NAYA Family Center Healing Circle](#) | 503-288-8177 x 219
- [StrongHearts Native Helpline](#) | 1-844-762-8483 - Domestic violence and dating violence helpline.

Russian

- [Russian Oregon Social Services](#) | 503- 777-3437, email ross@emoregon.org

]Latinx/Spanish Speaking

- [El Programa Hispano - Proyecto UNICA](#) | 503-232-4448 o 1-888-232-4448 - Línea de Crisis 24 horas.
- [Casa de Esperanza](#) | 651-772-1611 - 24/7 bilingual domestic violence helpline.

Asian and Pacific Islander

- [IRCO Asian Family Center](#) | 503-235-9396, email coiv@irco.org

South Asian

- [South Asian Women's Empowerment & Resources Alliance \(SAWERA\)](#) | 503-778-7386, email sawera@sawera.org

Other

- [IRCO](#) | 503-234-1541 - Refugee and Immigrant Family Strengthening Program.
- [Volunteers of America Family Center](#) | 503-972-9637 - Family Recovery Support Program.
- [Project DART](#) | 503-988-6481 - Disability Awareness Resource Team
- [National Domestic Violence Hotline Deaf Services](#) | 1-800-787-3224(TTY) or 1-855-812-1001 (video phone), email nationaldeafhotline@adwas.org
- [Catholic Charities of Oregon](#) | 503-238-5196 - Offers services in English, Spanish, and Arabic.