

## OHSU Joseph B. Trainer Health & Wellness Center

### MISSION STATEMENT

- To preserve and enhance the physical, emotional and mental health of the wide range of students at OHSU
- To provide high quality health care in a professional, confidential and compassionate environment
- To support students in their professional development by providing a wide range of health care services in an easily accessible and affordable manner

### HOURS OF OPERATION

#### **Appointments:**

8:00 a.m. to 5:00 p.m., Monday through Friday. Please call 503 494-8665 to make an appointment. Behavioral health appointments are available outside of our normal business hours.

All walk-in patients are triaged by nursing staff. While we always do our best to meet all health care needs of our patients, an appointment with a provider may or may not be available. Students are urged to call in advance for an appointment, even the same day, if they have an urgent or acute medical problem.

#### **After-Hours**

For emergencies, call 911 or go to the nearest emergency facility.

For urgent problems after hours, call 503 494-8311 and ask for the JBT Health provider on call.

### LOCATION & PARKING

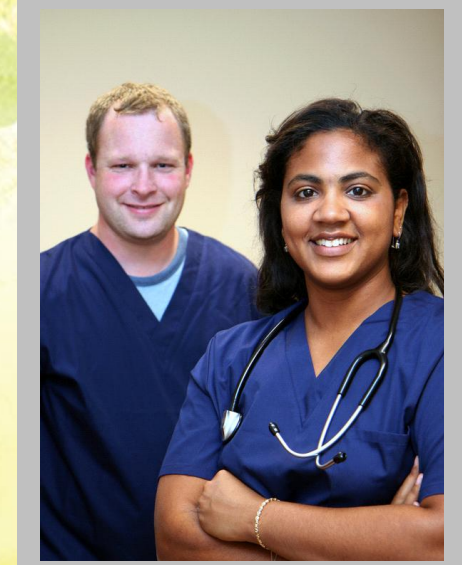
We are located in the basement of Baird Hall, Rm 18 and 6. Parking line 503.494.8283, option 1.

## OHSU Joseph B. Trainer Health & Wellness Center

*Phone: 503.494.8665*

*Fax: 503.494.2958*

3181 S. W. Sam Jackson Park Rd.  
PORTLAND, OR. 97239  
[WWW.OHSU.EDU/JBT-HEALTH](http://WWW.OHSU.EDU/JBT-HEALTH)



### Student Stress Relief

### Off Campus Student Resource Guide

**2012/2013**

*The following is a list of potential health resources for students seeking healthcare outside of OHSU. It does not represent an endorsement of any of the resources listed. Please see our website for a more comprehensive list of resources.*



**Addiction**

Portland AA

503-223-8569

<http://www.pdxaa.com/>

Al-Anon

503-292-1333

<http://www.al-anonportlandoregon.org/>

Portland Narcotics Anonymous

503-345-9839

<http://portlandna.com/>

Cascadia

(503) 674-7777

<http://www.cascadiabhc.org/help/>

**Behavioral Health**

Multnomah County Crisis Line

503.988.4888 or 1.800.716.9769

Cascadia Urgent Walk-In Clinic

2415 SE 43<sup>rd</sup> Ave.

Portland, OR 97206

503.674.7777 Hours 7am-10 pm

St. Vincent's Eating Disorder Treatment program

503-574-9235

Depression and Bi-Polar Support Alliance

<http://www.dbsalliance.org>

**Designated Driver**

Ride On- \$15 flat fee to drive your own car home

503-235-RIDE Friday/Saturday 11 pm-3am

<http://rideonportland.org/>

**Dental**

<http://www.coalitionclinics.org/dental-resources.html>

**Disability**

Disability Rights Oregon

503-243-2081

<http://www.disabilityrightsoregon.org/>

**Domestic Violence**

Portland Women's Crisis Line

503-235-5333

<http://pwcl.org/services/find-resources/>

South Asian Women's Empowerment and Resource Alliance 503-778-7386

Gay Men's Domestic Violence Hotline:

800-832-1901

**Food Assistance**

Food Stamps

<http://www.oregon.gov/DHS/assistance/foodstamps/foodstamps.shtml>

Oregon Food Bank

<http://www.oregonfoodbank.org/>

**Insurance**

Oregon Health Plan

<http://www.oregon.gov/OHA/healthplan/>

Oregon Insurance Medical Pool (High Risk Individuals)

<http://www.oregon.gov/OHA/OPHP/OMIP/index.shtml>

Family Health Insurance Assistance Program

<http://www.oregon.gov/OHA/OPHP/FHIAP/>

Oregon Healthy Kids

<http://www.oregonhealthykids.gov/>

**LGBTQ**

Q Center

Portland's LGBTQ Community Center

<http://www.pdxqcenter.org/>

**Military**

Oregon Partnership

888-457-4838

<http://militaryhelpline.org/>

**Primary Care Clinics**

Coalition of Community Health Clinics

<http://www.coalitionclinics.org/>

**Reproductive Health**

Planned Parenthood

[www.ppcw.org](http://www.ppcw.org)

Multnomah County STD Clinic

426 SW Stark St, 6th floor

Portland, Oregon MAP

503-988-3700

<http://web.multco.us/health/std-services>

**Sexual Assault**

Portland Women's Crisis Line

503-235-5333 (24 hour)

<http://pwcl.org/services/find-resources/>

Sexual Assault Resource Center

503-640-5311 (24 hour)

National Sexual Assault Hotline

800-656-HOPE

**Suicide**

Oregon Partnership

800-273-Talk

Multnomah County Crisis Line

(503) 988-4888

National Suicide Prevention Lifeline

1.800.273.TALK

Cascadia Urgent Walk-In Clinic

2415 SE 43<sup>rd</sup> Ave.

Portland, OR 97206

Hours 7am-10pm

503.674.7777

**Urgent Care**

ZoomCare

<http://www.zoomcare.com/>

503.684.8252

**Utilities Assistance**

Various energy assistance options.

[http://www.portlandgeneral.com/residential/your-account/help/financial\\_assistance.aspx](http://www.portlandgeneral.com/residential/your-account/help/financial_assistance.aspx)