



		<p><b>Eligibility:</b> Anyone 6 &amp; up  <b>COST:</b> Call for specific details for cost  <b>INSURANCE:</b> Call for specific benefit verification</p>
<p><b>Cascadia Urgent Walk-in</b>  4212 SE Division Suite 100  503-963-2575  www.cascadiabhc.org  Open 7 days a week 7am-10:30pm</p>	<p><b>U</b> <b>I</b></p>	<p>Walk In crisis &amp; risk assessment, referral to other resources, with limited medication assessment/perscriptions. <b>Spanish</b> speaking limited on staff w/access to translators. No appointments made, walk in only.  <b>ELIGIBILITY: Multnomah County residents only</b> regardless of insurance status  <b>COST:</b> No Fee  <b>INSURANCE:</b> N/A</p>
<p><b>Conexiones</b>  503-235-8057 ext. 9  3500 NE MLK Suite #200.  www.conexionesportland.com</p>	<p><b>U</b> <b>I</b></p>	<p>Individual and group mental health counseling services and psychotherapy, able to provide services in English and <b>Spanish</b>. Movement, healing, and skill based classes/workshops.  <b>Eligibility:</b> Open to all  <b>Cost:</b> Sliding scale fee for uninsured starts at \$45 for therapy, \$20 for classes.  <b>Insurance:</b> Accept most health insurance including Kaiser, Medicare and Care Oregon (Care</p>
<p><b>Family Medicine at Richmond (OHSU)</b>  3930 SE Division Street  Portland, OR 97202  <b>Intake</b> 503-418-3900  Open M-F 8am-8pm and Sat 9-1  http://goo.gl/oi0IMi</p>	<p><b>U</b> <b>I</b></p>	<p>Offers Behavioral Health Care (Psychiatry Clinic) <b>with referral</b> from patients' primary care, in addition to Allopathic/Traditional Western Medicine. Acute and Chronic Care. Also have a family practice, walk in clinic &amp; walk in BH clinic.  <b>ELIGIBILITY:</b> Prioritizes people SE area homeless living near clinic (call to check clients' address eligibility), pregnant women, children and elderly, coalition referrals  <b>COST:</b> Sliding scale fees based on income start at \$25  <b>INSURANCE:</b> Accepts Care Oregon, Healthshare of Oregon</p>
<p><b>Good Samaritan Ministries</b>  7929 SW Cirrus Dr. Bld 23 Beaverton, OR  503-644-2339 intake  Mon-Thurs from 8am-9pm; Fri 8am-5pm  http://goodsamaritanministries.org/counseling/</p>	<p><b>U</b></p>	<p>Donation based center. Providing counseling, teacher training, and lay counselor training. Counseling includes: family, individual, marriage, men's groups, women's groups, teen groups, children, anger management, and abuse recovery for offenders and victims. Must apply for counseling services, walkins OK for support groups. Christian faith-based organization.  <b>ELIGIBILITY:</b> Open to all except for minors (currently)  <b>COST:</b> Donations accepted, but not required. No recommended amount.  <b>INSURANCE:</b> No insurance coverage accepted</p>

<p><b>Jewish Family and Child Services</b>  1221 SW Yamhill Street, Suite 301  503-226-7079 (ext. 124)  www.jfcs-portland.org  M-Th 9am-5pm, Friday 9am-2pm</p>	<p><b>U</b> <b>I</b></p>	<p>Offers individual, child, couple, family, and group counseling for individuals from a variety of social, cultural, and economic backgrounds. English only.  <b>ELIGIBILITY:</b> Anyone (Non Denominational) except young children.  <b>COST:</b> Sliding scale, \$35 initial session, \$25 thereafter  <b>INSURANCE:</b> Medicare, MHN, UBH, and PacificSource accepted.</p>
<p><b>Lifeworks NW</b>  <b>Intake</b> (503)-645-9010  1-888-645-1666 (No Walk-Ins)  Various clinics in Mult, Clack, WA Counties  www.lifeworksnw.org</p>	<p><b>U</b> <b>I</b></p>	<p>Counseling and psychiatric Services, dual diagnosis treatment, chemical dependency. Medication perscription/management. <b>Spanish</b> bilingual counselors available. Culturally specific programs for African Americans.  <b>ELIGIBILITY:</b> Children, youth, family and adults.  <b>COST:</b> Only accepts Care Oregon (MTF accepted for severe mental illness), sliding fee scale for uninsured/cash payments. Call intake line for specific cost for services.  <b>INSURANCE:</b> Accepts Care Oregon <b>only</b></p>
<p><b>Lutheran Community Services NW</b>  605 SE Cesar Chavez Blvd, Portland OR  503-231-7480, for intakes 503-731-9589  M-Th 8am-5pm, F 8am-2:30pm  <a href="http://www.lcsnw.org/portland/counseling.html">http://www.lcsnw.org/portland/counseling.html</a></p>	<p><b>U</b> <b>I</b></p>	<p>Individual and family counseling, medication management, mental health assessment. Some counseling in <b>Spanish</b> available. Culturally specific programs for HIV+ African Americans and <b>refugees</b> (from Rwanda, Uganda, Congo, and more, as well as services in French, Somali, and Swahili languages). Limited addiction counseling. May have 2-3 week wait to see therapist.  <b>ELIGIBILITY:</b> No restrictions  <b>COST:</b> Uninsured billed at \$50/hour  <b>INSURANCE:</b> Health Share/OHP accepted</p>
<p><b>McCoy Counseling Services</b>  423 NE 60th Avenue Portland, OR 97213  and 6745 SW Hampton St. PDX  503-550-8173  www.mccoycounselingservices.com  Mon AM &amp; PM, Tue AM &amp; PM, Thur PM</p>	<p><b>U</b></p>	<p>Private practice counselor providing <u>online, phone/Skype &amp; in-person</u> therapy for individuals, teens, couples, and families. No medication management. <b>ELIGIBILITY: single, couples &amp; families</b>  <b>COST:</b> Sliding scale available. 50min online chat \$40, \$35 per email session, in-person therapy sessions \$50 for 50 minute session, prepay of \$70  <b>INSURANCE:</b> No insurance coverage accepted</p>

<p><b>Morrison Center</b> Locations throughout the metro area including NE Portland, Oregon City and Beaverton Central Intake (503) 258-4381 outpatient morrisonkids.org</p>		<p>Child and Family Services provides a comprehensive continuum of mental health, substance abuse and prevention services for children. Prevention &amp; education, outpatient, community &amp; school-based, day treatment, residential treatment, medication management/prescriptions. Services available in <b>Spanish</b>.</p> <p><b>ELIGIBILITY:</b> Focus on <b>18 and under</b>, with services for families of child/youth clients <b>COST:</b> Currently no sliding scale <b>INSURANCE:</b> Accepts OHP/Care Oregon</p>
<p><b>N.W. Catholic Counseling Center</b> 8383 N.E. Sandy Blvd Suite 205 503-253-0964 <a href="http://www.nwcounseling.org">www.nwcounseling.org</a></p>	<p><b>U</b></p> <p><b>I</b></p>	<p>Offers individual, couples, child, family, pre-marriage, and recovery counseling. Medication evaluation, management, and prescriptions by PNP's.</p> <p><b>ELIGIBILITY:</b> Open, Non-denominational <b>COST:</b> Sliding Scale \$20-\$130 <b>Insurance:</b> Insurance benefits varified by NWCCC</p>
<p><b>OHSU Psychiatry (adult)</b> 3181 SW Sam Jackson Park Road PDX 97239 M-F 8-5 503 494-6176 <a href="http://goo.gl/38jfy">http://goo.gl/38jfy</a></p>	<p><b>U</b></p> <p><b>I</b></p>	<p>Provides services to adult and geriatric patients, including comprehensive psychiatric evaluations, individual psychotherapy, medication management, coordination with primary care physicians, consultations to other providers, and referrals for hospitalization.</p> <p><b>ELIGIBILITY:</b> Adults <b>COST:</b> No sliding scale, Uninsured = 20% discount (initial eval is \$300 w/discount) <b>INSURANCE:</b> Care Oregon and private insurance, call for specific benefit verification</p>
<p><b>OHSU Psychiatry (child &amp; adolescent)</b> Doernbecher Children's Hospital 700 S.W. Campus Drive 503 494-6176 8:30am to 5pm M-F</p>	<p><b>U</b></p> <p><b>I</b></p>	<p>Consultation, Diagnostic evaluation, Parent guidance (in conjunction with child's therapy), Family therapy, medication management, Specialty treatment for mood disorders, anxiety disorders and ADHD</p> <p><b>ELIGIBILITY:</b> 17 &amp; younger <b>COST:</b> No sliding scale, Uninsured = 20% discount (initial eval is \$300 w/discount) <b>INSURANCE:</b> Care Oregon, plus, healthSHARE, family care, Open card (PT has to live in Multnomah County)</p>

<p><b>OHSU Avel Gordly Center for Healing</b></p> <p>621 SW Alder St, suite 520 503 418-5311</p>	<p><b>U</b></p> <p><b>I</b></p>	<p>Individual therapy, Group therapy/classes, Couples and family therapy, Psychiatric evaluation/medication management, Culturally based services, including Asian, African American services and <b>LGBTQ</b> counseling, Substance use/DUI treatment, Adoption/adoptee support</p> <p><b>ELIGIBILITY:</b> Focus on African and African American, but are open to everyone</p> <p><b>COST:</b> Sliding scale for uninsured Africans or African Americans living in Multnomah Co.</p> <p><b>INSURANCE:</b> private insurance; will bill OHP/Cover Oregon-addiction treatment ONLY</p>
<p><b>OHSU Intercultural Psychiatry Program</b></p> <p>3633 SE 35th Place 503 494-4222 Intake line 8am to 5pm M-F</p>	<p><b>U</b></p> <p><b>I</b></p>	<p>The <b>Intercultural Psychiatric Program</b> (IPP) provides culturally sensitive mental health services for <b>immigrant, refugee and ethnic</b> communities. Medication management, individual and group therapy, skills training and support, case management. Focus on non-English speakers. Services offered in <b>Spanish, Vietnamese, Arabic, Somali, Bosnian, Cambodian, and more.</b></p> <p><b>ELIGIBILITY:</b> Immigrant children and adults (ages 4-17 &amp; 18 &amp; up)</p> <p><b>COST:</b> Fees are determined by counselors</p> <p><b>INSURANCE:</b> Call for specific benefit verification--depends on situation</p>
<p><b>Old Town Recovery Center (CCC)</b></p> <p>33 NW Broadway 503-294-1681</p>	<p><b>I</b></p>	<p>Individuals with severe mental illness; case management, counseling, addiction treatment, co-occurring disorder treatment, access to housing and eviction prevention, medication management and access to medical professionals.</p> <p><b>ELIGIBILITY:</b> Accepting adults with Care Oregon</p> <p><b>COST:</b> Must have Care Oregon, will not accept cash</p> <p><b>INSURANCE:</b> Accepts Care Oregon, Family Care, and HealthSHARE</p>
<p><b>Pacific Psychology Clinic</b> <b>Pacific University</b></p> <p>222 SE 8<sup>th</sup> Ave Ste 212, Hillsboro 503-352-7333 Intake</p> <p>1411 SW Morrison St., Suite 205 Portland, OR 97205 503-352-2400 Intake Mon. Wed. Thur. 9am-9pm</p>	<p><b>U</b></p> <p><b>I</b></p>	<p>Individual, family, child, and group therapy. Psychological assessments, child &amp; adult ADHD skills groups, consultation services after telephone interview. 2 hour intake interview. Men and women who are survivors of sexual assault and are eligible for Oregon Crime Victim's Compensation Funds (CVF) for psychotherapy services (notify ahead of scheduling SART referrals). Spanish services available at Hillsboro location. Offer LGBT group counseling.</p> <p><b>ELIGIBILITY:</b> Open, all ages</p> <p><b>COST:</b> \$50 intake fee, sliding scale \$20-60</p> <p><b>INSURANCE:</b> Call for available insurances. They will match the co-pay</p>



<p><b>Rivers Way Professional Clinic</b>  2049 NW Hoyt, Portland 97209  503-321-5002 Intake  503 222-3436 main line   <a href="http://processwork.org/resources/rivers_way_clinic/rivers_way_professional_clinic">http://processwork.org/resources/rivers_way_clinic/rivers_way_professional_clinic</a></p>	<p><b>U</b>          <b>I</b></p>	<p>The professional clinic counselors hold masters degrees and the diploma from the Process Work Institute in Portland. They are supervised by a process work diplomate and licensed clinical psychologist. Open to new clients. <b>Spanish</b> speaking available. LGBTQ friendly. Does not prescribe medication. Appts. usually available w/in 48 hrs.   <b>ELIGIBILITY:</b> Take all Clients who can pay.  <b>COST:</b> Sliding scale fee \$40 - 80 based on income and number of dependents.  <b>INSURANCE:</b> None.</p>
<p><b>Rivers Way Training Clinic</b>  2049 NW Hoyt Street  503-321-5127  <a href="http://www.processwork.org/rivers-way-clinic/rivers-way-training-clinic/">http://www.processwork.org/rivers-way-clinic/rivers-way-training-clinic/</a></p>	<p><b>?</b></p>	<p>Offer individual and group therapy by senior process therapy students supervised by professionals. Open to individuals, couples, and families. Specialties include relationship issues, body symptoms, substance abuse, <b>gender and sexuality</b> concerns, social oppression, abuse, and anger/violence.   <b>Eligibility:</b> No restrictions  <b>Cost: Low Cost (range?) Insurance?</b></p>
<p><b>Sunnyside Counseling Center:</b>  503-257-7572  150 SE 80th Ave. Portland, OR.  Open Mon-Saturday 9a.m.-9p.m.</p>	<p><b>U</b></p>	<p>Counseling in a "faith-friendly environment" for individuals experiencing depression, trauma symptoms, eating disorders, abusive relationships, and anxiety.   <b>ELIGIBILITY:</b> Serves clients 6 years old and older  <b>COST:</b> \$25 fee for interns and sliding scale fee for licensed practitioners.  <b>INSURANCE:</b></p>
<p><b>Umbrella LGBTQ Community Counseling</b>  intake 503-674-7777  Cascadia: Garlington Center 3034 NE MLK Blvd. W-F 9-5  <a href="http://www.pdxqcenter.org/programs/community-counseling/">www.pdxqcenter.org/programs/community-counseling/</a></p>	<p><b>U</b>          <b>I</b></p>	<p>Umbrella provides affordable services, assessments, individual counseling, group therapy, family counseling, and referral for other services. Counselors are highly trained to work with <b>LGBTQ</b> people. Specialize in: Coming out, transitioning, gender affirmation, stress, anxiety, depression, self-esteem, and body image.   <b>ELIGIBILITY: Open to all who identify as LGBTQ</b>  <b>COST:</b> Free to LGBTQ youth 18-23 yrs, sliding scale \$10 and up for youth 18-23, \$20 and up for  <b>INSURANCE:</b> Accepts Care Oregon and OHP</p>

<p><b>Western Psychological &amp; Counseling</b>  503-253-4600 (Portland location)  check website for additional locations:  <a href="http://www.westernpsych.com/locations">www.westernpsych.com/locations</a></p>	<p>U</p> <p>I</p>	<p>Child and adult, marital, couples, family, group &amp; play therapy, medication evaluation/management, psych. testing, drug &amp; alcohol assessment/treatment, DUI assessments, ADD/ADHD, abuse/trauma survivors, depression, and more.</p> <p><b>ELIBIGILITY:</b> Open to all</p> <p><b>COST:</b> Sliding scale based on provider approval, limited availability to waive fees</p> <p><b>INSURANCE:</b> Accepts Care Oregon</p>
<p><b>William Temple House:</b>  503-226-3021</p> <p>2023 N.W. Hoyt Street</p> <p><a href="http://www.williamtemple.org">www.williamtemple.org</a>  Applications accepted onsite Tues-Thurs  11-3 and 5-7.</p>	<p>U</p>	<p>Individual, family, and couples counseling. group classes, and professional training programs. NO anger management, court-mandated counseling, medication prescription or management, or psychiatric evaluations. No services offered in languages other than English. Often have a waiting list. Must first complete an application on-site (walk-in OK) Tues-Thurs 12-3 or 5-7pm.</p> <p><b>ELIGIBILITY:</b> Open to all</p> <p><b>COST:</b> Fee waived if 19 &amp; younger, sliding scale \$5-\$30 (no one is turned away for inability to pay</p> <p><b>INSURANCE:</b> N/A</p>
<p><b>Wise Counsel and Comfort</b>  Multiple locations in Portland area  503-282-0182  <a href="http://www.portland-therapist.com">www.portland-therapist.com</a></p>	<p>U</p> <p>I</p>	<p>Community of counselors who offer sliding scale fees to low-income clients. Counseling for individuals, families, couples, and children/youth. Group therapy classes for abuse survivors, polyamorous relationships, ADD/ADHD, grief/loss. Call or search website for specific information on therapist specialties and fees.</p> <p><b>ELIGIBILITY:</b> Varies by therapist</p> <p><b>COST:</b> All providers offer sliding scale</p> <p><b>INSURANCE:</b> Varies by therapist</p>