

Teen Health and Safety Community Resource List

ADHD Research Study | Oregon Health & Science University | 503.418.5508, ohsuADHD@ohsu.edu

Dougy Center

2228 NE Glisan Street
Portland, OR 97232
503-775-5683 or
866-775-5683
www.dougy.org

Open-ended peer support groups for grief, meet every other week and are divided by age, type of death, and who died

Harry's Mother

121 NE 8th St.
Portland, OR 97232
503-233-8111
www.harrysmother.com

Provides 24-hour crisis intervention, emergency shelter, and counseling to youth and their families

Kartini Clinic

2800 N. Vancouver, Suite 106
Portland, OR 97227
503-249-8851
www.kartiniclinic.com
Specializes in eating disorders

Multnomah County STD Clinic

Multnomah County STD Clinic
426 SW Stark St
6th Floor
Portland, OR 97204
503-988-5727
<https://multco.us/health/std-services>

Provides evaluation and treatment of sexually transmitted diseases (can include confidential HIV tests), no one is turned away for inability to pay. Interpreters can be arranged

Planned Parenthood

3231 SE 50th
Portland, OR 97206
or
3727 NE Martin Luther King Jr. Boulevard
Portland, OR 97212
888-875-7820
www.plannedparenthood.org

Provides assistance in making independent, informed decisions about health, sex and family planning. Delivers vital reproductive health care and sex education

Sexual & Gender Minority Youth Resource Center

1220 SW Columbia
Portland, OR 97201
503-872-9664

<http://www.pdxqcenter.org/programs/youth-programs/smyrc/>

Safe space to support and celebrate LGBTQ diversity offers multi-generational program and services in four core areas: Arts & Culture; Education & Training; Health & Wellness, and Advocacy

TransActive

1641 NE Broadway St #355-T
Portland, OR 97232
503-252-3000

<http://www.transactiveonline.org/index.php>
Provides counseling and support groups to transgender and gender diverse children

HELPFUL WEBSITES

American Association of Suicidology

www.suicidology.org

American Foundation for Suicide Prevention:

www.afsp.org

American Sexual Health Association:

919-361-8488
8 a.m. to 8 p.m. EST, Monday to Friday
<http://www.ashastd.org>

Government Benefits

www.benefits.gov

Healthy Place

www.healthyplace.com

It Gets Better Project

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

Oregon Mental Health Associates, Inc.

www.oregonmentalhealth.org

Online Asperger Syndrome Information and Support (OASIS) @ MAAP

www.aspergersyndrome.org

Oregon Counseling

www.oregoncounseling.org

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CRISIS RESOURCES

Dial 211 (Guide to health and Social services in Oregon and Southwest Washington)

www.211info.org

Alateen/Alanon

803-344-2666

Alcohol and Drug Help-line (24 hour)

503-244-1312 or 8777-533-TEEN (8336)

Child Welfare Hotline

503-731-3100

Clackamas Child Abuse Hotline

971-673-7112

Clark County Crisis Line

360-696-9560 or 800-626-8137

Gay & Lesbian Youth Hotline

800-347-8336

Girls and Boys town National Hotline Phone

800-448-3000

Multnomah Child Abuse Hotline

800-509-5439

Narcotics Anonymous

503-393-7281 or 800-766-2437

National Child Abuse Hotline

800-4-A-CHILD (442-4453)

National Domestic Violence Hotline

800-799-SAFE (7233)

National Runaway Hotline

800-621-4000

National Youth Crisis Line

800-448-4663

Nine Line/Youth and Families in Crisis

800-999-999

Non-Emergency Policy Line

503-823-333

Oregon Partnership

Suicide Lifeline: 800-273-TALK (8255)

Substance Helpline: 800-923-HELP (4357)

The Youth Hotline: 877-553-8336

www.orpartnership.org

Outside In

1132 SW 13th

Portland, OR 97205

503-535-3800

Services for homeless youth

Trevor Project

866-488-7386

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

National organization providing crisis intervention and suicide prevention to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people ages 13-24

Washington County Crisis Team

503-291-9111

Washington County Health Connections Hotline

503-655-8401 or 888-651-2134