

## PORTLAND - Culturally-Specific Services

### [Asian Health & Service Center](#)

Multilingual mental health care, naturopathic care, caregiver and preschool services.

Multiple locations, see website for phone #s.

[Brave Space LLC](#) – Free online support group, resources, and OHP-covered appointments for LGBTQ2AI+.

[El Programa Hispano](#) - Medical and social services (housing, food, employment, legal, etc.) assistance for Latinx individuals.

503-669-8350

### [Immigrant and Refugee Community](#)

[Organization](#) - Services, training, childcare, and education support to refugees and immigrants.

### [Native American Rehabilitation](#)

[Association](#) - Education, physical and mental health services and substance abuse treatment for American Indians and Alaska Natives.

### [OHSU Avel Gordly Center for Healing](#)

Mental health care for African and African-American individuals.

New patients: 503-419-5311

### [OHSU Intercultural Psychiatric Program](#)

Mental health care for immigrants, refugees, and asylum seekers. 503-494-2222

[Q Center](#) - Support groups, rental space, and emergency funds for LGBTQ2AI+ and BIPOC communities.

### [Virginia Garcia Memorial Health Center](#)

Primary and mental health care in 62 languages with focus on Latinx patients.

Multiple locations, see website for phone #s.

### [Womxn and Femmes of Color Organizing for Racial Justice, Support & Healing](#)

Facebook support group for women/womxn/femmes/GNC/NB/2S+ and BIPOC individuals.

## PORTLAND - Additional Services

[Cascadia Whole Health Care](#) - Walk-in urgent care and scheduled visits for mental health, addiction, primary care, and housing services. Uninsured and low-income patients are welcomed. 503-674-7777 or can make appointments online.

Crisis line: 503-988-4888

[Lifeworks Northwest](#) - Mental health services in the Portland metro area. Multiple locations, see website for phone #s.

[Catholic Charities](#) - Housing, immigration legal, family, refugee, financial wellness, disaster, food, and other services to Oregonians in need.

[OHSU Patient Advocacy](#) - Addresses concerns, complaints, and any grievances during a health visit at OHSU.

503-494-3495

## PORTLAND - Advocacy & Legal Aid

[Oregon Bias Response Hotline](#) - Call 1-844-924-BIAS to report bias or hate crimes (interpreters available).

[Legal Aid Services of Oregon](#) - Free legal aid services to low-income individuals.

Multiple locations, see website for phone #s.

### [SOAR Immigration Legal Services](#)

Immigration-related legal services and education to refugees and immigrants.

Multiple locations, see website for phone #s.

[State Department of Education](#) - File a complaint if your child or you experienced discrimination.

[Unite Oregon](#) - Advocacy work led by immigrants, refugees, and people of color.

## NATIONAL - Hotlines

[Lines for Life](#) - Provides 24/7 free, confidential help. Interpreters are available. 1-800-273-8255

[Linea UNICA](#) - Bilingual (Spanish and English) crisis line 24/7 for callers who experience domestic and/or sexual violence. Free and confidential. 503-232-4448

[Racial Equity Support Line](#) - Provides support to those experiencing racism. Lines are open weekdays from 10AM-7PM PST. 503-575-3764

[StrongHearts Native Helpline](#) - Confidential helpline for Native Americans experiencing dating and sexual violence. Available daily 5AM-8PM by phone and online chat. 1-844-762-8483

[The Steve Fund](#) - Supports the mental health and emotional well-being of young people of color. Text STEVE to 741741 to connect with a culturally trained crisis counselor.

[The Trevor Project](#) – Provides support to LGBTQ youth 24/7. Chat, call, and text are available. 1-866-488-7386 or text ‘START’ to 678-678.

[Trans Lifeline](#) – Peer support phone service for trans and questioning peers. 877-565-8860.

## NATIONAL - Telehealth

[AAKOMA Project](#) - Free virtual therapy, workshops, blog posts, and online resources for teens and young adults of color.

[Cultured Care Telehealth Providers Directory](#) – Telebehavioral health services for BIPOC.

[Indian Health Services–Telebehavioral Health Center of Excellence](#)

Telebehavioral health services for American Indians/Alaska Native people.

## ONLINE RESOURCES

[Asian Mental Health Collective](#) - Virtual directory of Asian American therapists in the USA and Canada.

[AYANA Therapy](#) - Connects you with a licensed, culturally-appropriate, mental health therapist.

[Black Emotional and Mental Health Collective](#) - Virtual directory of Black therapists, online events, and support groups.

[Inclusive Therapists](#) - Virtual directory of therapists for BIPOC and 2SLGBTQIA+ communities.

[Latinx Therapy](#) - Bilingual national database of therapists and podcasts.

[Liberate](#) - A meditation app for BIPOC communities focusing on healing from racism and microaggressions.

[Loveland Therapy Fund](#) - Financial assistance to Black women and girls seeking psychotherapy.

[Melanin & Mental Health](#) - Virtual directory of therapists for BIPOC and first-generation Americans. Also provides podcasts and events.

[National Queer and Trans Therapists of Color Network](#) - National directory of mental health providers.

[Self-Compassion](#) - Free and paid audio/books about practicing self-compassion.

[Therapy for Black Girls](#) - Blog posts, podcasts, and therapy referrals from a

national database for Black women and girls.

[Therapy for Black Men](#) - Therapists, coaches, and online resources about mental health for Black men.

[Therapy for Latinx](#) - National database of licensed therapists and other resources.

## PODCASTS

[Code Switch](#) - Conversations about race and how it affects every part of life.

[Kerning Center](#) - Podcast focused on the Middle East, Northern African, and Arab American experience.

[In Black America](#) - Discusses historical and current people whose stories bring awareness to the Black American experience.

[Radio Ambulante](#) - Narrative podcast that tells unique Latin American stories in Spanish.

[Red Nation](#) - Podcast with discussions on Indigenous history, politics, and culture.

[Evident](#) - Podcast featuring stories that honor Asian-American communities.