

Fall 2021

A Guide to Behavioral Health Resources in Washington County

Behavioral Health Focus

Washington County Crisis Line: 503-291-9111

**If you or someone else is in immediate danger of harming oneself or someone else-
Call 911 or go to the nearest emergency department.**

If you or someone you care about is in a behavioral health crisis, call the Washington County Crisis Line. The crisis line is answered 24/7 and can contact the Crisis Team. The Crisis Team staff can see individuals at the Hawthorn Walk-In Center to provide crisis intervention as well as brief follow-up services.



Mental Health & Addictions Care

Call the Washington County Crisis Line at 503-291-9111 for information about options for assistance, to confirm hours of operation, or if experiencing a crisis.

The Hawthorn Walk-In Center is Washington County's behavioral health urgent care center, located at: **5240 NE Elam Young Parkway, Suite 100 in Hillsboro** next to the Hawthorn Farm MAX stop. *Services are provided at no cost to the individual regardless of insurance.*

The Oregon Health Plan (OHP) is open to all children and teens younger than 19, regardless of immigration status who meet income and other criteria.

CareOregon manages the behavioral health benefit for Health Share of Oregon members. For questions about accessing BH services, contact CareOregon at 503-416-4100.

Health Share Behavioral Health Provider Directory: <https://healthshare-bhplan-directory.com/>

Trillium Community Health Plan is available in Washington County as a OHP coordinated care organization. For questions about accessing services, contact Trillium at 1-877-600-5472 or <https://www.trilliumohp.com/contact-us.html>.

Trillium Provider Directory: <https://findaprovider.trilliumhealthplan.com/>

Accessing Behavioral Health Benefits Through Your Private Insurance

Call the member services number on your insurance card. Ask about your plan including benefits, co-pays, covered behavioral health services, and contact information for agencies or therapists.

Do you have Employee Assistance Program (EAP) benefits through your employer?
Ask Human Resources if your EAP offers free mental health counseling.



COVID-19 Community Counseling Program

COVID-19 has affected us all. As the pandemic continues, we may feel anxious, depressed, or even find ourselves using more substances to cope.

Help is available!

If you live in Washington County, you can receive:

- Free counseling support; no insurance needed
- Help focusing on issues you've faced because of COVID-19
- Support developing coping skills and connecting to resources

To make an appointment- Call: 503-846-4528
Email: COVIDCounseling@co.washington.or.us

Washington County Residents with no insurance can contact Washington County Behavioral Health at 503-846-4528 for information about access to behavioral health services.

Outpatient Community Behavioral Health Providers

Outpatient Behavioral Health Services may include: assessment, counseling, medication evaluation & management, skills training and case management. Services are available in various languages; interpreters can be used as needed and are paid for by the health plan.

Bridges to Change

www.bridgestochange.com

For screenings call 503-473-1154.

Permanent housing available contact program manager at 971-386-3443 for specific criteria.

- Substance Use
- Adults

Fora Health

(Formerly DePaul Treatment Centers)

www.DePaulTreatmentCenters.org

Intake: 503-535-1151

205 SE 3rd Ave., Suite 100, Hillsboro

- Substance Use
- Adults
- Detoxification

CODA

www.codainc.org

Intake: 855-733-2632

Multiple Locations:

- 720 SE Washington St. Hillsboro, 97123
- 11970 SW Greenburg Road, Tigard, 97223
- Substance Use
- Adults

Lutheran Community Services

www.lcsnw.org

Intake: 503-924-2448

3800 SW Cedar Hills Blvd., #288 Beaverton, 97005

- Mental Health
- Youth/Families
- Substance Use
- Adults

LifeWorks NW

www.lifeworksnw.org

Intake: 503-645-9010

Multiple Locations:

- 14600 NW Cornell Rd., Portland, 97229
- 1340 East Main St., Hillsboro, 97123
- 10700 SW Beaverton-Hillsdale HWY, Building 1, Suite 011, Beaverton, 97005
- 971 SW Walnut St., Hillsboro, 97123
- 8770 SW Scoffins St., Tigard, 97223
- 12350 SW 5th St., Suite 100, Beaverton, 97005
- Mental Health
- Youth/Families
- Substance Use
- Adults

COVID-19 updates and information for Washington County

<https://www.co.washington.or.us/covid-19>

Morrison Child & Family Services

www.morrisonkids.org

Intake: 503-258-4381

centralintake@morrisonkids.org

14025 SW Farmington Rd., Suite 160, Beaverton, 97005

- Mental Health
- Youth/Families



Parent-Child Interaction Therapy (PCIT)

PCIT is an evidence-based, short-term specialized treatment designed for young children (ages 2-6 years old) experiencing mental health symptoms to help both parents and children.

The PCIT program works with the parent and child to improve the quality of the relationship and to teach parents the skills necessary to manage their children's behavior problems.

Oregon Health Plan members may access PCIT from the following agencies in Washington County:

LifeWorks NW: 503-645-9010

Morrison Child and Families Services: 503-258-4381

Options Counseling and Family Services: 503-352-3260

LifeStance Health (*accepts commercial insurance):
503-567-3260

NARA

www.naranorthwest.org

Adult Intake: 503-307-7775

Youth Intake: 971-279-4838

Locations throughout Multnomah County

- Mental Health
- Substance Use
- Youth/Families
- Adults

Options Counseling and Family Services

www.options.org

Intake: 503-335-5975

8285 SW Nimbus Ave. #148, Beaverton, 97008

- Mental Health
- Youth/Families

Asian Health and Services Center Beaverton

www.ahscpdx.org

Intake: 503-772-5880

3800 SW Cedar Hills Blvd Suite 196, Beaverton, 97005

- Mental Health
- Adults

**New Narrative**

www.newnarrativepdx.org

Intake: 503-726-3690

8935 SW Center St., Tigard, OR 97223

- Mental Health
- Adults

Sequoia Mental Health Services

www.sequoiamhs.org

Intake: 503-619-1560

Multiple Locations:

- 4585 SW 185th Ave., Aloha, 97007
- 395 W. Main St., Hillsboro, 97123
- Mental Health
- Substance Use
- Youth/Families
- Adults

LifeStance Health

(Formerly Western Psychological Services)

www.westernpsych.com

Multiple Locations and Intake numbers:

- 9670 SW Beaverton-Hillsdale Hwy, Beaverton, 97005; Intake: 503-626-9494
- 21210 NW Mauzey Rd., Hillsboro, 97124; Intake: 503-439-9531
- 7455 SW Beveland St., Tigard, 97223-8610; Intake: 503-624-2600
- 1500 NW Bethany Blvd. Suite 320 Beaverton, 97006; Intake: 503-567-3260
- 18765 SW Boones Ferry Rd, Suite 100 Tualatin, 97062; Intake: 503-612-1000
- Mental Health
- Substance Use
- Youth/Families
- Adults

Oregon Safe + Strong Helpline

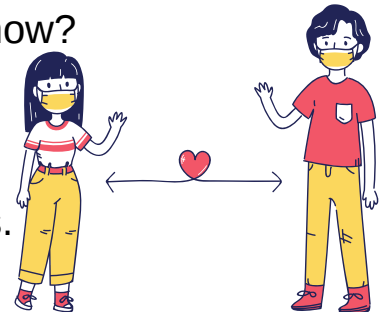
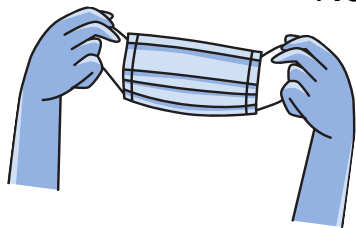
Need emotional and mental health help right now?

If you or someone you love is struggling,
call the Safe + Strong Helpline:

Call 1-800-923-HELP (4357).

Information available in multiple languages.

Visit www.safestrongoregon.org



Racial Equity Support Line 503-575-3764

This line is available weekdays from 10 am to 7 pm, PST.

Hosted by Lines for Life.

The Racial Equity Support Line is a service led and staffed by people with lived experience of racism. Offering support to those who are feeling the emotional impacts of racist violence and microaggressions, as well as the emotional impacts of immigration struggles and other cross-cultural issues. Many of us experience racism every day. Experiencing racism can harm our mental wellness. Support is here.



School Based Health Centers

Forest Grove High School Health Center

Phone: 503-359-4057

Services for students in the Forest Grove, Gaston, Cornelius & Banks School Districts. Ages 0-21 years old.

Century High School Health Center

Phone: 503-597-4580

Services for students in the Hillsboro School District. Ages 0-21 years old.

Beaverton High School Health Center

Phone: 503-356-3985

Services for students in the Beaverton School District. Ages 4-21 years old.

Merlo Station High School Health Center

Phone: 503-941-3210

Services for students attending Merlo Station High School. Ages 0-19 years old.

Tigard High School Health Center

Phone: 503-431-5775

Services for students in the Tigard-Tualatin School District. Ages 0-18 years old.

Tualatin High School Health Center

Phone: 503-941-3180

Services for students in the Tigard-Tualatin & Sherwood School Districts. Ages 0-19 years old.

School based health centers provide primary care, well-child checks, sports physicals, immunizations, STD testing, treatment of minor injuries and mental health services.

OHP is accepted at all school based health centers.

Ask about services availability for people who are uninsured or who have private insurance.



Lines for Life: Preventing Substance Abuse & Suicide

SENIOR LONELINESS LINE

Call 503-200-1633

Support for seniors in our community who are feeling lonely and having difficulty connecting.

ALCOHOL & DRUG HELPLINE

Call 800-923-4357 (24/7/365)

Text RecoveryNow to 839863 (8am-11pm)

For individuals and family members seeking crisis intervention, treatment referral, and chemical-dependency information.

MILITARY HELPLINE

Call 888-457-4838 (24/7/365)

Text MIL1 to 839863 (8am-11pm)

Support for service members, veterans, and their families that is independent of any branch of the military or government.

YOUTHLINE

Call 877-968-8491

Text teen2teen to 839863

Chat at www.oregonyouthline.org

A teen-to-teen crisis and help line for anything that may be bothering you.

Teens available to help daily from 4-10pm

SUICIDE LIFELINE

Call 800-273-8255 (24/7/365)

Text 273TALK to 839863 (8am-11pm)



Washington County Community Resources

Information and Referral – 211

www.211info.org

Call: 211

Text: your zip code to 898211

help@211info.org

Comprehensive information and referral to social services for individuals via the telephone.

The Dougy Center- The National Center for Grieving Children and Families

www.dougy.org

Email: *help@dougy.org*

503-775-5683

230 NE 2nd, Suite E, Hillsboro, 97124

Support groups and education resources for children, teens, young adults & their families grieving a death.

SHARE Center Sherwood Family Resource

503-825-5480

Spanish 503-825-5482

Sherwood Middle School Campus- Portable 46

21970 SW Sherwood Blvd., Sherwood, 97140

Information & referrals: food, clothing, counseling, medical, healthy child development, and housing.

Tigard/Tualatin Family Resource Center

503-603-1585

9000 SW Durham Rd., Portable #716, Tigard, 97224

Provides information and referral, clothing, parenting and English classes, employment assistance and hygiene supplies.

Parenting Together Washington County

www.parentingtogetherwc.org

Visit the website to uncover a world of parenting resources for parents, caregivers & professionals-classes, workshops, and family friendly activities.

To Apply for the Oregon Health Plan

Online: *www.oregonhealthcare.gov*

Call: 800-699-9075

Community Action

www.caowash.org

Energy Assistance- Check website for availability

No Heat or electricity- 503-615-0771

Housing Assistance

Emergency 72 hour notice: 503-615-0770

Homeless Community Connections: 503-640-3263

Head Start Enrollment support: available online

Prenatal Help: 503-726-0879

Emergency Food Boxes: 503-640-3263

Rental Well and Financial Education Classes

information available on website.

Child Abuse Hotline- DHS/Child Welfare

1.855.503.SAFE (7233)

Report suspected child abuse to a DHS Child Welfare screener; be ready to provide identifying information & whereabouts of the child, if known.

Domestic Violence Resource Center (DVRC)

www.dvrc-or.org

503-469-8620 or 800-469-8600 Crisis Line

503-640-5352 Counseling Intake

Counseling and resources for survivors of domestic violence and their children.

National Alliance for Mentally Ill (NAMI)

www.namiwash.org

503-356-6835

18680 SW Shaw Street Aloha, 97007

Advocacy and education. Support groups, classes and information and referral.

The 4th Dimension Recovery Center

www.4drecovery.org

362 SW Oak St, Hillsboro, 97123

4D is a Recovery Community Organization (RCO) for young people aged 18 to 35 who are interested in support for a clean and sober lifestyle. 4D offers individuals the unique opportunity to socialize and connect through fun events, skill-building activities, health and wellness support, and mutual-aid recovery meetings.