



2024

WASHINGTON COUNTY BEHAVIORAL HEALTH SUPPORTS

If you are facing an immediate, and life-threatening emergency, Call 911.

CRISIS:

Washington County Crisis Line

Hours: 24/7 – 7 days per week

Contact Information: 503-291-9111

How we help: Assess your situation, provide safety planning, and refer to local treatment agencies.

Hawthorn Walk-In Center

Hours: Walk in Monday-Friday 9a.m.-2p.m.; Sunday 12p.m.-4p.m.

Contact Information: 5240 NE Elam Young Parkway, Suite 100, in Hillsboro, OR

Before going to Hawthorn- call the Washington Country Crisis Line: (503) 291-9111.

How we help: Urgent care clinic for mental, behavioral, and substance use supports by trained behavioral health professionals.

988 Suicide & Crisis Lifeline

Hours: 24/7/365

Contact Information: Text 988 or Call 988

How we help: Nonprofit organization dedicated to preventing suicide and finding mental health crisis resources to connect you to services. Lines are answered 24/7 at no cost.

Language interpreters are available upon request.

YouthLine

Hours: Text available 4p.m.-10p.m. daily; Telephone crisis support available 24/7

Contact Information: Text 'Teen2Teen' to 839863 or Call 1-877-968-8491

How we help: YouthLine is a teen-to-teen youth suicide hotline.

Trevor Project

Hours: 24/7/365

Contact Information: Text 'Start' to 678-678 or Call 1-866-488-7386

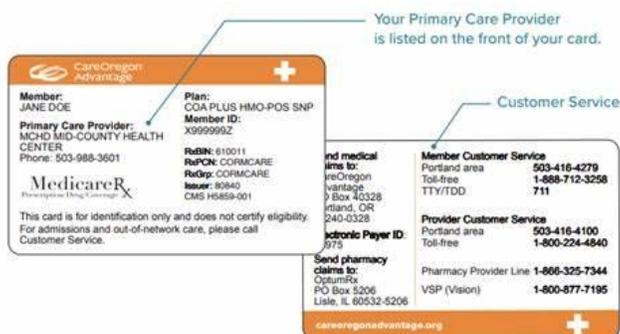
How we help: Crisis services, advocacy, peer support, public education, and research programs helping to ensure that all LGBTQ young people have supportive adults in their lives.



TREATMENT:

Finding a treatment provider:

1. Check the back of your insurance card and call the customer service number listed.



2. **Oregon Health Plan (OHP) is Oregon's Medicaid and Children's Health Insurance Program.** OHP is available for all ages, regardless of immigration status, and who meet income requirements.
3. **Local Coordinated Care Organizations (CCO's) manage your OHP benefits.** Contact your CCO and ask about mental health and substance use services.
 - a. [CareOregon](https://www.careoregon.org) (503) 416-4100
 - b. [Trillium Community Health Plan](https://www.trilliumcommunityhealthplan.org) (541) 485-2155
 - c. [Yamhill Community Care](https://www.yamhillcommunitycare.org) (503) 488-2800
4. **Private Insurance Access**
 - a. Check the back of your insurance card provider through your employee benefits and call the member services line for mental health/substance use treatment access.



Washington County Crisis Line 503-291-9111

If navigating your insurance is feeling too overwhelming, please call the **Crisis Line** and a mental health professional will provide immediate support on how to access treatment services.

WASHINGTON COUNTY BEHAVIORAL HEALTH

AGENCIES:

*Please note – this list is not inclusive of all behavioral health providers in Washington County
The following agencies accept most forms of OHP and commercial insurance.*

Lifeworks NW: Provides mental health, addictions, prevention, and holistic health for youth and adults.
Hours: Monday-Friday 8 a.m. to 4:30 p.m.
Contact Information: Call (503) 645-9010 or email intakereferrals@lifeworksnw.org to schedule an intake.

Morrison Child and Family Services: Provides mental health and substance use treatments, support, and prevention services to children, youth, and families.
Hours: Monday-Friday 8 a.m. to 6 p.m.
Contact Information: Call (503) 258-4381 or email centralintake@morrisonkids.org

Options Counseling and Family Services: Provides mental health therapy and family and parent services supports.
Hours: Monday- Friday. Hours may vary depending on location.
Contact Information: Call (503) 352-3260

Sequoia Mental Health: Mental health; Substance use treatment; Residential programs.
Hours: Monday- Friday 9 a.m.-5 p.m. Hours may vary depending on the location.
Contact Information: For the Hillsboro office call (503) 213-1302. For the Aloha office call (503) 591-9280. Intake line (503) 619-1560

Charlie's Health: Virtual outpatient mental health, substance use treatment, and peer connections designed for teens and young adults.
Hours: Virtual options only.
Contact Information: 1-(866) 935-3297

Lifestance: In person and virtual mental health and substance use treatment agency.
Hours: Monday- Friday 8:30 a.m. to 5 p.m. Hours may vary depending on location.
Contact Information: For Beaverton office call (971) 762-3633. For the Hillsboro office call (503) 924-7028.

Catholic Community Services: Human services outreach for mental health and shelter programs.
Hours: Monday- Friday. Hours may vary depending on location.
Contact Information: (206) 323-6336



CULTURALLY SPECIFIC BEHAVIORAL HEALTH AGENCIES:

*Please note – this list is not inclusive of all culturally specific organizations in Washington County
The following agencies accept most forms of OHP and commercial insurance.*

Asian Health and Services Center: Wraparound services in English, Cantonese, Mandarin, Korean, Vietnamese.

Hours: Monday- Friday 8:30 a.m. to 5 p.m.

Contact Information: Call (503) 872-8822. Office Location - 3800 SW Cedar Hills Blvd. Suite 196, Beaverton, OR

Barcelona Counseling: EMDR, Neurofeedback, DBT, CBT, Solution Focused Therapy, Individual and Family Therapy.

Hours: Monday- Friday 9 a.m. to 5:30 p.m.

Contact Information: Call (503) 376-9520. Office Location - 14537 SW 96th Ave. Beaverton, OR

Latino Network: Latino-led educational organization who works with youth and families.

Hours: Monday- Friday 9 a.m. to 5 p.m.

Contact Information: Call (503) 283-6881. Office location – 400 East Main St Suite 180, Hillsboro, OR

NARA NW Child and Family: Mental health therapies, addictions treatment, youth residential treatment center.

Hours: Monday- Friday 8 a.m. to 5 p.m.

Contact Information: Call (503) 224-1044. Office Location – 1776 SW Madison, Portland, OR.
Email at info@naranorthwest.org

Raices De Bienstar: Nonprofit organization offering training programs, education resources, direct clinical services, and consultation for the Latinx community.

Contact Information: For clinical services call (971) 417-6054. For inquiries about trainings and other programs call (971) 471-9100.

Adelante Mujeres: Esperanza program: Offers holistic mental health services through culturally and linguistically responsive approaches.

Contact Information: (503) 992-0078 or email info@adelantemujeres.org



FAMILY RESOURCES:

Family Support and Connections Program- Free/voluntary services that helps with housing, food, insurance, medical/healthcare, legal, parenting supports, and more! (503) 945-5600

Oregon Family Support Network- Promote mental, behavioral, and emotional wellness for families through advocacy, education, and support. (503) 507-0660

Parenting Together Washington County- parent education, childcare resources, family-friendly activities, and web-based resources for parenting topics organized by the child's age.

Washington County NAMI- provides psychoeducation on mental illness, support groups, and advocacy for parents and individuals. (503) 356-6835

Washington County Wraparound Services- Team based process that supports youth and families with complex needs.

Washington County ICC Services- Coordination of care across multiple systems including healthcare for those with complex behavioral health needs.

YOUTH RESOURCES:

4D Recovery- provides the support and guidance needed to navigate addiction recovery. We help young adults find and maintain a recovery identity through peer mentorship, supportive housing, drop-in recovery centers, recovery events, and a leadership development program. support@4drecovery.org
Address: 362 SW Oak St. Hillsboro. Phone: (971) 703-4623

Early Assessment and Support Alliance (EASA)- EASA provides information and support to young people aged 15-25 who are experiencing symptoms of psychosis. Referral life call (503) 705-9999; Main office call (503) 645-3581

Folk Time- Connecting individuals with shared lived experiences through to provide a culture of inclusion. Address: 232 SE 80th Ave, Portland, OR Phone: (503) 238-6428

Oregon Youth Resource Map- Designed to help people ages 16-25 connect to youth-serving resources, organizations, and leadership opportunities.

Youth Era- provides supports to all young people through direct service, training, and advocacy. Email at hello@youthera.org or call (971) 334-9295

Youth Contact- Nonprofit youth and child mental health, substance use, and school-based counseling service. 447 SE Baseline, Hillsboro, OR (503) 640-4222

Youth Villages- nonprofit organization that helps serve children with emotional and behavioral problems, including- residential services, intensive in-home treatment, crisis services, foster care, adoption. **Referrals** Phone contact (503) 635-3416

GRIEF SUPPORTS:

The Dougy Center- provides support in a safe place where children, teens, adults, and families who are grieving can share their experiences before and after a death.
help@dougy.org (503) 775-5683

Grief Share- grief recovery support groups that meet weekly in Hillsboro. Info@griefshare.org



YOUTH MEDICAL AND MENTAL HEALTH: SCHOOL-BASED SUPPORTS:

Virginia Garcia Memorial Health Center- offers medical, dental, vision, pharmacy, mental and behavioral health, and wellness programs, including, well-child checks, sports physicals, immunizations, treatment for minor injury, depression and substance abuse screening, and mental health counseling.

School-Based Health Centers- located on high school campuses within Washington County school districts- Services are available to any student enrolled in the district including home school and private school. Walk in appointments are welcome. Monday-Friday 8 am-430 pm.

LOCATIONS:

Beaverton- Monday- Friday 8 a.m. to 430 p.m. Located at Beaverton High School. 13000 SW 2nd St. Beaverton, OR **(503) 356-3985**

Forest Grove- Monday- Friday 8 a.m. to 430 p.m. Location for Banks and Gaston school district. Located at Forest Grove High School. 1715 Nichols Lane, Forest Grove, OR **(503) 359-4057**

Hillsboro- Monday- Friday 8 a.m. to 430 p.m. Located at Century High School. 1998 SE Century Blvd. Hillsboro, OR **(503) 597-4580**

Tiragrd-Tualatin- Monday, Tuesday, Thursday 8 a.m. to 430 p.m. Closed Wednesday and Friday. Located at Tigard High School. 9000 SW Durham Road. Building 7110 Tigard, OR **(503) 431-5775**



SUMMER ACTIVITIES AND EVENTS:

Looking for new and exciting things to do this summer?

Search the web links below for different kid and family friendly outdoor activities, access to event calendars, and loads of free entertainment!

[Banks- - Community Calendar - Banks, Oregon \(cityofbanks.org\)](#)

[Beaverton- Beaverton Events Calendar - Upcoming Events - THPRD | THPRD](#)

[Beaverton- Elite Sports Academy](#)

[Forest Grove- Calendar • Forest Grove, OR • CivicEngage \(forestgrove-or.gov\)](#)

[Hillsboro- Parks & Recreation Events | City of Hillsboro, OR \(hillsboro-oregon.gov\)](#)

[Hillsboro- Events | Washington County Cooperative Library Services](#)

[Hagg Lake- Upcoming Events - I'm Hooked, Inc. \(imhookedinc.org\)](#)

[North Plains- Events - North Plains Events Association](#)

[Portland- Summer Free for All - Cultural Events | Portland.gov](#)

[Sherwood Regional Family YMCA | YMCA of Columbia-Willamette \(ymcacw.org\)](#)

[Sherwood Youth Sports | City of Sherwood Oregon](#)

[Tigard Recreation Events and Activities | City of Tigard \(tigard-or.gov\)](#)

[Tualatin Youth Sports Affiliates | The City of Tualatin Oregon Official Website](#)

[Washington County- Main County Calendar \(All County Events\) | Washington County, OR \(washingtoncountyor.gov\)](#)

