

Trauma Recovery Resources



SCAN ME

CRISIS LINES

Multnomah County

503-988-4888 or 1-800-716-9769

Our trained clinicians offer support and provide resources and referrals. Services are free and available in any language. All calls are confidential.

- Free, 24/7 behavioral health support
- Language interpretation
- Referral to low-cost or sliding-scale agencies
- Help finding local behavioral health supports and providers
- Information about non-crisis community resources
- Mobile crisis services dispatch

Clackamas County

503-655-8585

Columbia County

1-866-866-1427 (after hours)

Washington County

503-291-9111

Yamhill County

1-844-842-8200

Clark County (Washington)

360-696-9560

1-800-626-8137

National Suicide Prevention Lifeline

Call or Text 988

Crisis Text Line

Text OREGON to 741741



For more information visit
legacyhealth.org/trauma-resources

WALK IN BEHAVIORAL HEALTH CRISIS SUPPORT

Cascadia Behavioral Healthcare Urgent
Walk-In Clinic

4212 S.E. Division St., Suite 100,
Portland, OR 97206
503-963-2575

Hours of Operation:

Monday – Friday 7:00 a.m. - 9:00 p.m.
Saturday – Sunday 9:00 a.m. – 9:00 p.m.

Deschutes County Stabilization Center
63311 Jamison St.
Bend, OR 97703

Hours of Operation: 24 hours a day

Non-Emergency: 541-585-7210

24 hour Crisis Line: 541-322-7500 ext. 9

LOCAL MENTAL HEALTH RESOURCES

Sequoia Mental Health
4585 S.,W. 185th Ave., Beaverton OR 97078
503-591-9280
www.sequoiamhs.org

LifeStance (previously Western Psychological and
Counseling Services)
9700 S.W. Beaverton Hillsdale Highway Annex B
Beaverton OR 97005
503-626-9494
www.westernpsych.com

Cascadia Behavioral Healthcare Garlington Center
3036 N.E. MLK, Jr. Blvd., Portland OR 97212
503-283-3763
www.cascadiahealth.org

Shanti Recovery and Wellness
3769 S.E. Milwaukie Ave., Portland OR 97202
503-206-8850
www.shantipdx.com

Pacific Psychology Clinic
1411 S.W. Morrison St., Suite 310 Portland OR 97205
503-352-2400
www.pacificu.edu/about/community/healthcare-clinics/pacific-psychology-comprehensive-health-clinic?utm_source=pchpacificu-org

Cyti Psychological (Telehealth)
Multnomah County:
503-988-4888 or 1-800-716-9769

HOW TO FIND A THERAPIST OR COUNSELOR

Websites

- Psychology Today: www.psychologytoday.com
- Portland Therapy Center: www.portlandtherapycenter.com
- Therapy Den: www.therapyden.com/therapists/us/or/portland
- American Psychological Association (APA): www.locator.apa.org

Your insurance company

- You may have to call your medical insurance company to request a listing of mental health providers in your area. Unfortunately, it is not uncommon to receive a random list of names without mentioning whether they specialize in your problem. Be prepared to make multiple phone calls explaining your condition before you find someone qualified to treat you.

Medicaid Resources

- New Narrative: www.newnarrativepdx.org, 503-726-3742
- Cascadia: www.cascadiabhc.org, 503-674-7777
- Lifeworks: www.lifeworksnw.org, 503-645-9010

Concerned about finances? Looking for therapy and support on a sliding scale?

- www.williamtemple.org/our-services/counseling
- www.portlandtherapycenter.com/sliding-scale-affordable-therapy-50-and-under
- www.openpathcollective.org/city/portland

VICTIMS AND SURVIVORS OF GUN VIOLENCE

Resources for Helping Children Cope with Gun Violence Tragedies

Learn how to talk with children about violence, handle the disturbing content they may see and more. Here are just a few of the many resources available.

- National Child Traumatic Stress Network
www.nctsn.org/what-is-child-trauma/trauma-types/terrorism-and-violence)
- Talking to Kids About Violence, Crime, and War
www.common sense media.org/articles/how-to-talk-to-kids-about-violence-crime-and-war
- The Dougy Center
www.dougy.org, 503-775-5683

Connect with fellow survivors, access victim services and get empowered by honoring those taken by gun violence. Here are some leading support groups for people directly affected by gun violence.

- Trauma Survivors Network
www.traumasurvivorsnetwork.org
- Survivors Empowered
www.survivorsempowered.org
- The Rebels Project
www.therebelsproject.org

National Coalition Against Domestic Violence (NCADV):
800-799-7233, 800-787-3224 (TTY)

The Mission of the NCADV is to organize for collective power by advancing transformative work, thinking and leadership of communities and individuals working to end the violence in our lives. For information, visit their website: www.ncadv.org

