



2015-  
2016

# mental health *focus*

## Washington County 24 Hour Mental Health Crisis Line – Crisis Team 503-291-9111

*Provides crisis intervention, consultation, and referrals to mental health services for Washington County residents. Mobile response when needed and available. Services provided for **ALL** adults, children and families.*

### Washington County Mental Health Provider List For Children Who Are Oregon Health Plan (OHP) Health Share Eligible or Uninsured

Outpatient Mental Health Services Including: assessment, counseling, medication evaluation and management, and case management services. Services available in other languages.

Eligibility Guidelines: ♦ OHP/Health Share eligible children **OR**  
♦ Have a family income 250% below the federal poverty level **AND**  
♦ Have no insurance coverage **AND**  
♦ Are a resident of Washington County

Services are available at the local agencies listed on the back of this page. You can also request a referral from the **Washington County Member Services Access Line at 503-291-1155.**

[www.co.washington.or.us/HHS/mentalhealth](http://www.co.washington.or.us/HHS/mentalhealth)

### Accessing Mental Health Benefits Through Your Private Insurance

Call the member services number on your insurance card and ask about the following.

- ♦ Benefits, co-pays, types of covered mental health services
- ♦ Contact information for agencies or therapists that accept your insurance

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

Addressing the needs of children, youth and families in Washington County

## Local Mental Health Providers For Children Who Are OHP Eligible or Uninsured

### **LifeWorks NW** [www.lifeworksnw.org](http://www.lifeworksnw.org)

*Outpatient and community based addictions and mental health services: therapy, assessments, medication management, skills training and consultation. Services for families, youth, adults.*  
Intake: 503-645-9010

14600 NW Cornell Rd. Portland, OR 97229

1340 East Main Street Hillsboro, OR 97123

14255 SW Brigadoon Court Beaverton, OR 97005

971 SW Walnut Street Hillsboro, OR 97123

8770 SW Scoffins Street Tigard, OR 97223

### **Youth Contact** [www.youthcontact.org](http://www.youthcontact.org)

*Provides outpatient mental health services: treatment, assessments, treatment planning, medication management and coordination. Plus integrated mental health and chemical dependency treatment. Services for youth and families.* Intake: 503-640-4222

447 SE Baseline Hillsboro, OR 97123

4800 SW Griffith Drive, Ste. 135 Beaverton, OR 97005

### **Morrison Child & Family Services**

[www.morrisonkids.org](http://www.morrisonkids.org)

*Provides outpatient mental health services: treatment, assessments, treatment planning, medication management and coordination. Services for families and children ages birth through 18.* Intake: 503-258-4381

14025 SW Farmington Road, Suite 160 Beaverton, OR 97005

### **Sequoia Mental Health Services**

[www.sequoiamhs.org](http://www.sequoiamhs.org)

*Provides outpatient mental health services: treatment, assessments, treatment planning, medication management and coordination. Services for families, children and adults.*

4585 SW 185<sup>th</sup> Ave., Aloha, OR 97007 503-591-9280

395 W. Main St., Hillsboro, OR 97123 503-591-9280

### **Western Psychological & Counseling Services**

[www.westernpsych.com](http://www.westernpsych.com)

*Provides a wide-range of outpatient mental health and addictions services including assessment, therapy and medication management. Services for families, youth, and adults.*

9670 SW Beaverton Hillsdale Hwy Beaverton, OR 97005  
503-626-9494

21210 NW Mauzey Rd. Hillsboro, OR 97124  
503-439-9531

7455 SW Beveland Street Tigard, OR 97223-8610  
503-624-2600

1500 NW Bethany Blvd. Suite 320 Beaverton, OR 97006  
503-567-3264

### **Tigard High School Health Center**

*Provides health and mental health services for students in the Tigard-Tualatin School District.*  
Phone: 503-431-5775

### **Tualatin High School Health Center**

*Provides health and mental health services for students in the Tigard-Tualatin and Sherwood School Districts.*  
Phone: 503-431-5975

### **Beaverton High School Health Center**

*Provides health and mental health services for students in the Beaverton School District.*  
Phone: 503-259-5045

### **Merlo Station High School Health Center**

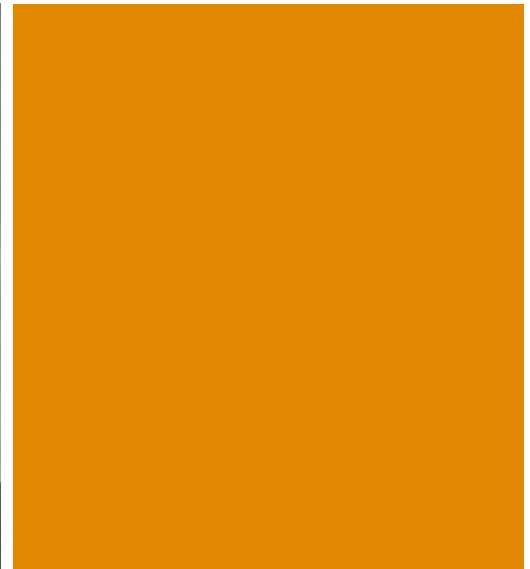
*Provides health and mental health services to students attending Merlo Station High School.*  
Phone: 503-591-4220

### **Century High School Health Center**

*Provides health and mental health services for students and staff in the Hillsboro School District.*  
Phone: 503-844-2840

### **Forest Grove High School Health Center**

*Provides health and mental health services for students and staff in the Forest Grove, Gaston, and Banks School Districts.* Phone: 503-359-4057



## Washington County Community Resource List

### Information and Referral – 211

[www.211info.org](http://www.211info.org)

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

Call: 211 Text: your zip code to 898211  
help@211info.org

### National Suicide Prevention Lifeline

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

800-273-TALK (8255)  
888-628-9454 Spanish 800-799-4889 TTY

### Alcohol and Drug Hotlines

[www.linesforlife.org](http://www.linesforlife.org)

*For individuals or families seeking information or treatment referrals.*

800-923-4357 Alcohol and Substance Help Line  
877-968-8491 M-F 4pm to 9 pm Youth Hotline

### Child Abuse Hotline - DHS/Child Welfare

503-681-6917

### Suicide Bereavement Support

*Support groups for survivors of suicide loss.*

[www.sbsnw.org](http://www.sbsnw.org)

### Suicide and Mental Health Trainings

*To register for trainings in the tri-county area.*

[www.gettrainedtohelp.com](http://www.gettrainedtohelp.com)

### National Alliance for Mentally Ill (NAMI)

[www.namiwash.org](http://www.namiwash.org)

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

18680 SW Shaw Street Aloha, OR 97007  
503-356-6835

### Community Action

[www.caowash.org](http://www.caowash.org)

*Emergency services for homeless and those in need of utility or rent support. Head Start and childcare resource and referral services.*

1001 SW Baseline Street Hillsboro, OR 97123  
503-648-6646

### Domestic Violence Resource Center, Inc (DVRC)

[www.dvrc-or.org](http://www.dvrc-or.org)

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

503-469-8620 or 800-469-8600 Crisis Line  
503-640-5352 Counseling Intake

### NON-OHP Providers

*Pacific University Psychology Clinic*

222 SE 8<sup>th</sup> Avenue, Suite 212 Hillsboro, OR 97123  
503-352-7333 Sliding scale.

*Lewis and Clark Community Counseling Center*

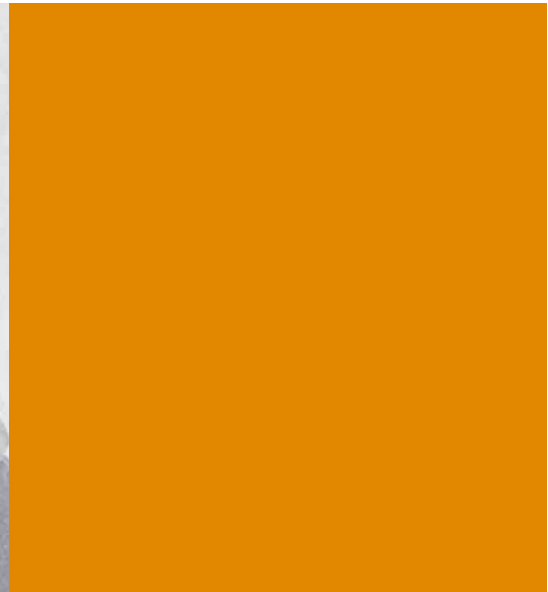
4445 SW Barbur Blvd. Portland, OR 97239  
503-768-6320 Intake appointments are a \$15 flat fee and ongoing services range from \$10-\$50. Limited services in Spanish.

*George Fox University*

Individual and Family Matters Counseling Clinic

[individualandfamilymatters@gmail.com](mailto:individualandfamilymatters@gmail.com)

12570 SW 68th Ave. Portland, OR 97223  
503-554-6060



## Washington County Community Resource List Continued

### **Early Childhood Family Resource Managers**

*Supporting families prenatally and families with young children up to third grade: Providing one-on-one parenting support; early learning and school readiness resources, referrals and support/ and assistance in accessing resources related to basic needs, and dental, physical and mental health services.*

Banks, Gaston and Forest Grove:  
503-359-2598

Beaverton:  
503-227-0484 or 503-601-9373

Hillsboro:  
503-844-1688

Sherwood:  
503-825-5486

Tigard-Tualatin:  
503-603-1582

### **To Apply for the Oregon Health Plan**

Online:

[www.oregonhealthcare.gov](http://www.oregonhealthcare.gov)

Call: 800-699-9075

### **Hillsboro Family Resource Center**

[www.youthcontact.org](http://www.youthcontact.org)

*Resource information and referral, food pantry and large clothes closet.*

451 SE Walnut St, Hillsboro, OR 97123

Hillsboro, OR 97124

503-844-1688

### **Tigard/Tualatin Family Resource Center**

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

Portable #716

9000 SW Durham Road

Tigard, OR 97224

503-603-1585

### **SHARE Center Sherwood Family Resource Center**

*Resource information and referral, parenting classes.*

Sherwood Middle School Campus

Portable 46

21970 SW Sherwood Blvd.

Sherwood, OR 97140

503-824-5480