

MENTAL HEALTH

Multnomah County Crisis Line

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

Call the crisis phone number for information about where to go. Urgent walk-in clinics for adults, families, teens, and children (no appointment needed).

Columbia Counseling Associates

503-492-4492 226 W Historic Columbia R. Troutdale OR 97060

CCA provides individual, couple & family counseling. They have staff that is trained in advanced EMBR. Also specializing in sexual abuse, eating disorders, addictions, fertility issues, child play therapy and drug and alcohol issues.

Clackamas County Crisis Line

503-988-4888 or 503-665-8401 24 hours a day

Same services as Multnomah County Crisis Line.

Washington County Crisis Line

503-291-9111

Depression and Bipolar Support Alliance

1-800-826-3632

1-800-273-8255 talk hotline

Website: www.dbsalliance.org

National Mental Health Information Center

1-800-789-2647 PO Box 2345 Rockville, MD 20847

1-866-889-2647 hearing impaired

Children's mental health services, anxiety information, suicide prevention initiative.

Information also available in Spanish.

Hours: Mon—Fri 8:30am-8pm (Eastern Standard Time)

Website: www.mentalhealth.org

Oregon Mental Health Counselors Association

541-296-8564 3475 Browns Creek Road The Dalles, OR 97058

Offers counseling for people with mental health problems.

Website: www.ormhca.com

Quest Center for Integrative Health

503-238-203 2901 E. Burnside, Portland, OR

Community-based nonprofit health center who works with people with many chronic and life-challenging illnesses and situations. Various groups are available and counseling.

Website: www.quest-center.org

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