

Mental Health and Addiction Services				
	Address	Phone Number	Operation Hours	Information
Suicide Prevention Hotline		1800-273-8255		Talk 24 hours a day 7 days a week its confidential crisis counseling
Domestic Violence Hotline		1800-799-7233		You can speak to an advocate, confidential crisis intervention and safety planning and referrals to agencies in your area open 24/7
211 Program Referral		211		Programs that can assist with mental health as well as other services. Its available 24/7
National Call Center for Homeless Veterans		1877-424-3838		Call for homeless prevention services and mental health call center available 24/7.
Portland Vet Center	1505 NE 122nd ave Portland OR 97230	503 688 5361	Tuesday 8 am to 7:30 pm Wednesday 8 am to 6:30 pm Thursday 8 am to 6:30 pm, Friday 8 am to 8pm Saturday and Sunday Closed	
Washington County Crisis Line	5228 NE Hoyt st Portland 97213	503 291 9111	open 24 hours	Located in Providence Portland Medical Center , this is open 24 hours offers crisis services during COVID-19, master level clinicians.
Veterans Crisis Line		1800 273 8255	Confidential services 24 hours a day, seven days a week	Press 1 to talk with someone or text 838255
Alcohol and Drug Help line		1800 457-4357	24/7	
Military Helpline		1888-457-4838	24/7	
Oregon Youth line		1877 968-8491 Or text teen2teen to 839863		chat at www.oregonyouthline.org
Crisis Assessment and Treatment Center	30 NE Martin Luther King Jr. Blvd Portland 97232	503-232-1099		A 16 bed facility where people can come and stay for 4 to 14 days as their mental health stabilizes. Voluntary and Involuntary. Accepts referrals from walk in clinics, community health providers, emergency rooms, and hospital inpatient care.
		503 988 4888		For admission questions open 24/7
Multnomah County Mental Health	421 SW oak st #520 Portland 97204	503 988 5887	Open 24 hours	
Multnomah Health Crisis Intervention		503-988-4888	Open 24/7	
		1800 716 9769		Hearing impaired 711
Urgent Walk in Clinic	4212 SE Division st Portland		Monday through Saturday 7 am to 10:30 pm and Saturday and Sunday 9 am to 9pm	
Clackamas County Crisis Line		503-655-8585		
Early Psychosis Intervention		503-988-3272		A 2 year outreach and treatment program for young people age 12-25 who live in Multnomah County and are having early psychosis and its not caused by medical condition or substance abuse.
NAMI (National Alliance on Mental Illness)		1800 343 6264		Free education programs that offer information on mental illness, offer support groups which are currently only online. Call phone number for more details.
Substance Abuse and Mental Health Services Administration		1800 662 4357 TTY: 1800 487-4889	open 24/7	Treatment referral and information service. Referral to treatment centers, support groups, community based organizations order free publications and other information. Free of charge. They do not provide counseling, only referrals.
Smoke free Oregon Tobacco Quit Line		1800-784-8669 Spanish: 1855-335356-92 dial as is TTY:1877-777-6534		Talk to someone about quitting smoking 24/7
Blanchet House		971 337-8747 intake coordinator		For men experiencing mental health and addiction at the same time. Free. Housing, men stay for a period of time for 90 days they work within the house, after 90 days they are free to find work, the 90 days is used as a transition and stabilization period. There is curfew, a sobriety requirement shared rooms,laundry facilities, gym, lounge. www.blanchethouse.org

Mental Health and Addiction Services				
	Address	Phone Number	Operation Hours	Information
City Team	526 SE Grand ave Portland 97214	503 231 9334	Monday through Friday 7 am to 6:15 pm	For adult males with substance abuse issues. Monday through Thursday 3 to 4:30 pm is program screening. Will ask about medications and criminal background, stairs only so need to be able to climb stairs regularly. 10 to 14 month residential faith based program.
Survivors of Attempted Suicide Group	contact: SLOPGroup@folktime.org	Virtual Zoom Meeting: https://us02web.zoom.us/j/82756077651 https://us02web.zoom.us/j/82756077651	Every Thursday 12-1:30 pm 12-1:00pm readings, topic discussion, open share 1:00-1:30 optional time for decompression	folktime.org/lps-or-hub
Portland Rescue Mission Connect Program	111 W Burnside Portland	503-828-3187- women 503 746 9648-men		Orientation is 11 am Monday -Friday Addictions and mental health free services www.PortlandRescueMission.org
Blackburn Center	12121 E Burnside st Portland 97220	971 361 7700		walkins welcome, adult outpatient
Central City Concern			Mon, Tues, Thurs 8am to 5 pm Friday 9 to 5 and Weds 9am to 5	Addiction treatment
Hooper Detoxification and Stabilization Center	1535 N Williams ave Portland 97227	503 238 2067	Walk in 7:30 am Mon-Fri withdrawal management	
Alcoholics Anonymous Hotline		503 223 8569		Available 24/7 for those seeking help and information on meetings
Lines for Life Alcohol and Drug Helpline		800 923 4357		Available 24/7 for people seeking crisis intervention, treatment referral and chemical dependency information text RecoveryNow to 839863
Dual Diagnosis Anonymous of Oregon		1877 222 1332 503 222 6484	9am to 2pm Tues -Fri	Peer support program based on 12 step AA with 5 added steps focused on mental illness
Cascadia Behavioral Healthcare Gambling Treatment		503 674 7777		Offices in Multnomah and Clackamas counties, call to speak to intake free and confidential counseling for those struggling with gambling
Letty Owens Center		503 235 3546		Confidential location drug and alcohol treatment for single women who are pregnant or with children 5 years and younger. Women with no insurance can get assistance in enrolling 24/7 intake
Clackamas Mental Health Center	11211 SE 82nd ave Suite O Happy Valley 97086	503 655 8585	9 am to 7 pm Mon-Fri , 10 am to 7pm Saturday closed on Sunday	Urgent mental health walk in clinic 24 hour crisis line