

**Youth Mental Health Resources in Portland, OR**  
CRISIS LINES AND HELPLINES

**Multnomah County Crisis Line**: (503) 988-4888  
**\*Sexual Assault Resource Center 24-Hour Helpline**: (503) 640-5311  
**\*National Suicide Prevention Lifeline**: 1-800-273-8255 (TALK)  
**\*Spanish National Suicide Prevention Lifeline**: 1-888-628-9454  
**\*National Crisis Text Line:** Text START to 741-741

**\*Oregon YouthLine**: (877) 968-8491

**Youth Hotline at New Avenues for Youth**: 1-800-995-7936

**\***[**The Trevor Project**](http://thetrevorproject.org/) **(for LGBTQ+ identifying youth): (866) 488-7386**

[**Trans Lifeline**](http://www.glbtnationalhelpcenter.org/)**: (877) 565-8860  
GLBT National Hotline: (888) 843-4564**

**The GLBT National Youth Talkline (Youth-to-Youth through age 25**): 800-246-7743

**The True Colors United (Homeless LGBTQ Youth):** 212-461-4401

**\*The National Runaway Safeline:** 800-RUNAWAY (800-786-2929)

**\*National Sexual Assault Hotline**:  1-800-656-4673

**\*National Teen Dating Violence Hotline**: 1-866-331-9474  
**\*Volunteers of America Home Free Teen Hotline**: (503) 473-7396

**\*National Domestic Violence Hotline**: 1-800-799-7233 or 1-800-787-3224 (TTY)  
**Child Abuse Reporting Hotline (Multnomah County)**: (503) 731-3100  
**\***[**National Eating Disorders Association Helpline**](https://www.nationaleatingdisorders.org/help-support/contact-helpline): [1-800-931-2237](tel:1-800-931-2237)

[**Alcohol**](https://na01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.alcohol%2F&data=02%7C01%7C%7Ccc071a82f0834282a42a08d624bcf629%7Ce19d5687f6674fd8af7fbbb4638819d6%7C0%7C0%7C636736791322840286&sdata=hrKYCHbf5PGDTz7P8C1SLuoX4WZ6Dei2%2Bc00Em2Tyr0%3D&reserved=0)**and Drug Helpline:** Adult or Teen: 1-800-923-HELP (4357)  
**American Psychiatric Association Answer Center**: 1-888-35-PSYCH (77924)  
**Proyecto UNICA (Spanish crisis line)**: (503) 232-4448

\*Also has a web livechat and/or texting option available

ONLINE RESOURCES FOR TEENS

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| yourlifeyourvoice.org | ditchthelabel.org | thetrevorproject.org |
| teenlineonline.org/ask-teen-line | bornthisway.foundation | loveisrespect.org |
| teenshealth.org/en/teens/your-mind | halfofus.com | dwdonline.ca |

YOUTH MENTAL HEALTH SERVICES

**Albertina Kerr Centers:** (503) 239-8101  
[424 NE 22nd Ave, Portland, OR 97232](https://www.bing.com/local?lid=YN720x12499678&id=YN720x12499678&q=Albertina+Kerr+Centers&name=Albertina+Kerr+Centers&cp=45.5260963439941%7e-122.643043518066&ppois=45.5260963439941_-122.643043518066_Albertina+Kerr+Centers&FORM=SNAPST)  
Albertina Kerr Centers provide youth crisis psychiatric care, outpatient services, and an intensive treatment program for youth with simultaneous mental health challenges and developmental disabilities.

**Providence Portland Medical Center:** (503) 215-1111  
4805 NE Glisan St., Portland, OR 97213  
Providence Portland Medical Center offers psychiatric consultation by a treatment team for adolescent inpatients in a mental health or substance related crisis.

**Cascadia Walk-In Clinic:**  (503) 674-7777  
4212 SE Division St, Suite 100, Portland, OR 97206  
Cascadia’s Urgent Walk-In Clinic is open seven days a week from 7:00 am to 10:30 pm and does not require insurance or have a minimum age of access.

**Cascadia Child & Family Services:** Cascadia Access, Information, and Referral (CAIR): (503) 674-7777  
Cascadia Child & Family Services provide outpatient services to children and families, serving youth from ages 3-17, with services such as anger management, culturally responsive care for African-American, Latino, and LGBQ+ families and individuals, school aversion, and youth addiction services.

Cascadia Woodland Park, 10373 NE Hancock St., Suite 200, Portland, OR 97220  
(503) 253-6754

Garlington Center, 3036 NE Martin Luther King Jr. Blvd., Portland, OR 97212  
(503) 283-3763   
<https://cascadiabhc.org/services/child-and-family-services/>

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| **Central City Concern:** (503) 546-997512672 SE Stark St., Portland, OR 97233 Central City Concern features Esperanza Juvenil, a bilingual team that provides addiction services and counseling to Latino youth who experience substance use or gang exposure.  **NARA Child & Family Services:** (971) 274-3757 620 NE 2nd Street, Gresham, OR 97030 NARA Children & Family Mental Health Services provides youth addictions treatment, wraparound mental healthcare, and family services specific to the Native American/Alaska Native community. Non-Native youth can receive services as well.  **Providence Medical Group Child and Adolescent Psychiatry Outpatient Clinic:** (503) 722-3705 1511 Division St., Suite 101, Oregon City, OR 97045Providence Medical Group Child and Adolescent Psychiatry Outpatient Clinic treats youth ages 4-17 who need psychiatric assessment or outpatient stabilization.  **Trillium Family Services:** (503) 234-7532 [3550 SE Woodward St, Portland, OR 97202](https://www.bing.com/local?lid=YN873x128326268&id=YN873x128326268&q=Trillium+Family+Services&name=Trillium+Family+Services&cp=45.501579284668%7e-122.62720489502&ppois=45.501579284668_-122.62720489502_Trillium+Family+Services&FORM=SNAPST) Trillium Family Services offers a variety of youth services, including an intensive outpatient program and partial day hospitalization.  **OHSU Child and Adolescent Psychiatry Outpatient Clinic:** (503) 494-6176 700 SW Campus Dr., Portland, OR, 97239, Doernbecher Children's Hospital, 7th Floor The OHSU Child and Adolescent Psychiatry Outpatient Clinic offers services such as diagnostic evaluations, family therapy, and psychopharmacological evaluation and treatment. The clinic accepts Oregon Health Plan.   **LifeWorks NW:** (503) 223-5525[506 SW 6th Ave Ste 905, Portland, OR 97204](https://www.bing.com/local?lid=YN873x103234717&id=YN873x103234717&q=LifeWorks+NW&name=LifeWorks+NW&cp=45.5201683044434%7e-122.677597045898&ppois=45.5201683044434_-122.677597045898_LifeWorks+NW&FORM=SNAPST) LifeWorks NW LifeWorks NW offers youth counseling, mental health services, skills training for foster children, psychological evaluations, addiction services, and culturally responsive bilingual addiction treatment programs for Latino youth.  **Morrison Child and Family Services:** (503) 258-4555 [1507](https://www.bing.com/local?lid=YN720x12499472&id=YN720x12499472&q=Morrison+Child+and+Family+Services&name=Morrison+Child+and+Family+Services&cp=45.5272598266602%7e-122.650062561035&ppois=45.5272598266602_-122.650062561035_Morrison+Child+and+Family+Services&FORM=SNAPST) NE 122nd Ave, Portland, OR 97230 Morrison Child and Family Services provide clinic-based outpatient services to children up to age 18 in English and Spanish. |