Social Services: Counseling, Mental Health and Abuse Resources

Mental Health and Addiction Help

Cascadia

2415 SE 43rd Ave (503) 236-7166
Mental health and addiction treatment
Open 7 days/week, 7am-10:30pm

LifeWorks NW

Multiple Portland Locations
(503) 645-9010
Mental health and addiction treatment, variety of languages spoken.

Western Psychological

12636 SE Stark St. Plaza 125, Building J
(503) 253-4600
Mental health and addiction treatment
Open Mon-Fri 9am-5pm

Mt. Tabor Counseling Associates

4511 SE Hawthorne Blvd
(503) 232-6868
Counseling services.

Wise Comfort Counsel

1305 NE Fremont St (503) 282-0182
Counseling services.

Abuse Resources

Bradley-Angle House

Crisis Line 503-281-2442; Office 503-289-6869
24-hour crisis line.
For women and women with children fleeing domestic violence. No references necessary. Case management and support groups provided. Phone screening required. 24-hour crisis line. Undisclosed location.
Raphael House of Portland

503-222-6222
http://www.raphaelhouse.com
9 a.m.-5 p.m.
24-hour crisis line. Emergency housing for victims fleeing a domestic violence situation. Advocacy includes support groups, children's groups, referrals, and emotional support. 60-day limit.

West Women's & Children's Shelter

503-224-7718
http://www.tsacascades.org
Undisclosed location. 30-day emergency shelter for women fleeing domestic violence, no men, no boys over 12 years old, phone intake/screening, stay up to 2 years if in transitional housing plan

Cultural/Language Specific Counseling

Avel Gordley Center for Healing

621 SW Alder St (503) 494-4745
Services for clients identifying with African, African American, and Southeast Asian cultures
Individual and group therapy

Asian Health and Service Center

3430 SE Powell Blvd (503) 872-8822
Mental health and addiction services, assessment, and screening. Individual, family, and group counseling
Fees vary

Conexiones

2325 E Burnside St (503)-235-8057
Hispanic referrals for counseling and evaluations

Lutheran Family Services

605 SE 39th Ave (503) 231-7480
Counseling for immigrant and refugee populations
Low cost, fees vary

Russian Oregon Social Services (ROSS)

4033 SE Woodstock Blvd
(503) 777-3437
Program of Ecumenical Ministries of Oregon
No fee for Russian speaking clients
## Dentists, Doctors, Hospitals and Urgent Care

### Dentists

<table>
<thead>
<tr>
<th>Dentist</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Apple Dental</td>
<td>1320 SW 2nd Ave, Portland, OR</td>
<td>(503) 224-0175</td>
<td>greenappledental.com</td>
</tr>
<tr>
<td>Happy Smiles Family Dentistry</td>
<td>11619 NE Glisan St, Portland, OR</td>
<td>(503) 255-9733</td>
<td>portlandhappysmiles.com</td>
</tr>
<tr>
<td>Healthy Smiles</td>
<td>7306 NE Fremont St, Portland, OR</td>
<td>(503) 281-6616</td>
<td>healthysmilesdentalgroup.com</td>
</tr>
<tr>
<td>Rose City Dental</td>
<td>2341 SE 122nd Ave, Portland, OR</td>
<td>(503) 255-2415</td>
<td>rosecitydental.com</td>
</tr>
</tbody>
</table>

### Urgent Care

<table>
<thead>
<tr>
<th>Urgent Care</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portland Urgent Care</td>
<td>4160 NE Sandy Blvd, Portland, OR</td>
<td>503-249-9000</td>
<td>PortlandUrgentCare.com</td>
</tr>
<tr>
<td>Columbia Clinic Urgent Care</td>
<td>9710 SE Washington St. Suite B</td>
<td>(503) 261-8000</td>
<td></td>
</tr>
</tbody>
</table>

### Hospitals/Doctors

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>OSHU</td>
<td>3181 SW Sam Jackson Park Rd, OR</td>
<td>(503) 494-8311</td>
<td>ohsu.edu</td>
</tr>
<tr>
<td>Providence</td>
<td>4805 NE Glisan St, Portland, OR</td>
<td>(503) 215-1111</td>
<td>providence.org</td>
</tr>
<tr>
<td>Oregon State Hospital – Portland</td>
<td>1121 NE 2nd Ave, Portland, OR</td>
<td>(503) 731-8620</td>
<td></td>
</tr>
<tr>
<td>Zoom Care (several locations throughout Portland)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZoomCare Woodstock</td>
<td>4415 SE Woodstock Blvd, Portland</td>
<td>503-608-3086</td>
<td></td>
</tr>
<tr>
<td>ZoomCare Hawthorne District</td>
<td>3325 SE Hawthorne Blvd, Portland</td>
<td>971-998-1014</td>
<td></td>
</tr>
</tbody>
</table>

### Optometry (eye doctor)

<table>
<thead>
<tr>
<th>Optometry (eye doctor)</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Foster Vision
8136 SE Foster Rd
Ste 260
Portland, OR 97206
(503) 546-4460
foster-vision.com

The Eye Studio
339 NW 9th Ave
Portland, OR 97209
(503) 219-0023
the-eyestudio.com

Eyes On Broadway
2300 NE Broadway St
Portland, OR 97232
(503) 284-2300
eyesonbroadway.com