

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

Green Apple Dental

1320 SW 2nd Ave
Portland, OR 97201
greenappledental.com
(503) 224-0175

Healthy Smiles

7306 NE Fremont St
Portland, OR 97213
(503) 281-6616
healthysmilesdentalgroup.com

Happy Smiles Family Dentistry

11619 NE Glisan St
Portland, OR 97220
portlandhappysmiles.com
(503) 255-9733

Rose City Dental

2341 SE 122nd Ave
Portland, OR 97233
(503) 255-2415
rosecitydental.com

Urgent Care

Portland Urgent Care

4160 NE Sandy Blvd
Portland, OR 97212
503-249-9000
PortlandUrgentCare.com

Columbia Clinic Urgent Care

9710 SE Washington St. Suite B
Portland, OR 97216
(503) 261-8000

Hospitals/Doctors

OSHU

3181 SW Sam Jackson Park Rd
Portland, OR 97239
ohsu.edu
(503) 494-8311

Oregon State Hospital – Portland

1121 NE 2nd Ave
Portland, OR 97232
(503) 731-8620

Providence

4805 NE Glisan St
Portland, OR 97213
providence.org
(503) 215-1111

Zoom Care (several locations throughout Portland)

ZoomCare Woodstock
4415 SE Woodstock Blvd
Portland, OR 97206
503-608-3086

ZoomCare Hawthorne District

3325 SE Hawthorne Blvd
Portland, OR 97214
971-998-1014

Optometry (eye doctor)

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