

Low-Cost Counseling Services

Program	Contact	Hours	Location	Services
<p>Allies in Change Counseling Center</p>	<p>(503) 297-7979</p> <p>Allies@AlliesinChange.org</p>	<p>West & East <u>Mon-Thurs</u> 9am-7pm <u>Fri</u> - 9am-5pm</p>	<p><u>Website Link</u></p> <p>West Portland 1675 SW Marlow Ave, Ste 110, Portland, OR</p> <p>East Portland 335 NE 18th Ave, Portland, OR</p>	<p>Offers individual counseling, couples counseling, and group counseling for men and women struggling with a variety of issues, including relationship issues, rebuilding trust, anger, depression, stress, anxiety, significant life transitions, PTSD, etc.</p>
<p>Asian Health Center and Service Center</p>	<p>info@ahscpdx.org</p> <p>PDX (503) 872-8822</p> <p>Beaverton (503) 772-5880</p>	<p>Mon-Fri 8:30am-5pm</p>	<p><u>Website Link</u></p> <p>Portland Office 9035 SE Foster Rd. Portland, OR</p> <p>Beaverton Office 3800 SW Cedar Hills Blvd. #196 Beaverton, OR</p>	<p>Reduce health inequity and improve health care quality for all Asians. Including, Community health and wellness, Asian Cancer Support, and Mental health.</p>
<p>Avel Gordly Center for Healing</p>	<p>New patients (503) 418-5311</p> <p>Returning patients (503) 494-4745</p>	<p>Mon-Fri 8am-5pm</p>	<p><u>Website Link</u></p> <p>621 SW Alder St. Ste 520, Portland, OR</p>	<p>Mental health center culturally specific to African American and African communities. individual, group, marital, couples, and family therapy. Trauma informed, medication management.</p>
<p>Catholic Charities - Intercultural Counseling Center</p>	<p>(503) 238-5196</p> <p>counseling@ccoregon.org</p>	<p>Mon-Fri 8:30am-5pm</p>	<p><u>Website Link</u></p> <p>2740 SE Powell Blvd, Portland, OR</p>	<p>Supports families in creating lasting change and healthy relationships through trauma-informed and culturally sensitive mental and emotional support</p>

Cascadia Behavioral Healthcare

General
(503) 238-0769
info@cascadiabhc.org

Mental Health Crisis Line
(503) 988-4888

Cascadia Access, Information & Referral (CAIR)
(503) 674-7777

Plaza Health Center SE Portland
(503) 230-9654

Garlington Health Center - NE Portland
(503) 283-3763

Clackamas Health Center – Milwaukie
(503) 303-4000

Woodland Park
(503) 253-6754

Mental Health Crisis Line 24/7

Plaza Health Center SE Portland

Mon 9am-6pm
Tues-Fri 9am-5pm

Plaza Mental Health Urgent Walk in Clinic
Open 7 days a week
9am-9pm

Garlington Health Center - NE Portland

Mon & Tues 8:30am-6pm
Weds & Thurs
8:30am - 6:45pm
Fri 8:30am-5pm

Clackamas Health Center – Milwaukie

Mon & Fri 8:30am-5:30pm
Tues-Thurs 8:30am-6:30pm
Sat. 8:30am-2pm

Woodland Park
Mon-Fri 8:30am-5pm

[Website Link](#)

Cascadia Plaza Health Center - SE Portland

4212 SE Division St. (SE 43rd and Division)

Mental Health Urgent Walk in Clinic (Ste 101)

Cascadia Garlington Health Center - NE Portland

3036 NE Martin Luther King, Jr. Blvd.

Cascadia Clackamas Health Center – Milwaukie

17070 SE McLoughlin Blvd.

Cascadia Woodland Park Health Center

10373 NE Hancock St., Ste 200

Mental health services, walk in services, crisis intervention, recovery services, primary care and peer wellness. Sliding scale pricing available for uninsured based on income.

Conexiones

(503) 327-8205

Mon-Fri
9am-5pm

[Website Link](#)

3500 NE Martin Luther King Jr Blvd Ste 200, Portland, OR 97212

Team of bilingual (Spanish-English) mental health providers who offer multicultural counseling and trauma healing services outpatient counseling. Individual and family therapy Couples therapy. Group therapy. Psychiatric evaluations and medication management in both English and Spanish. Clinical Support Services.

<p>Family Medicine at Richmond OHSU</p>	<p>(503) 418-3900</p>	<p>Mon - Fri 8am-8pm Sat 9am-1pm</p>	<p>Website Link 3930 S.E. Division St Portland OR</p>	<p>Primary care clinic that offers mental health support amongst other health care services</p>
<p>Lifeworks NW</p>	<p>New Appointments (503) 645-9010 (Toll-Free) (888) 645-1666 intakereferrals@lifeworksnw.org.</p> <p>NE Portland – MLK (503) 288-8066</p> <p>Project Network (503) 335-0855</p> <p>Rockwood (971) 727-8026</p> <p>St. Johns (503) 283-4776</p> <p>Sylvan (503) 645-3581</p>	<p>NE Portland – MLK <u>Mon.-Thurs.</u> 8am-6pm <u>Fri</u> - 8am-5pm</p> <p>Project Network Residential site 24 hours daily</p> <p>Rockwood <u>Mon-Fri</u> - 8am-6pm</p> <p>St. Johns <u>Mon-Thurs</u> 8am-1pm</p> <p>Sylvan <u>Mon.-Fri</u> 8am-4:30pm Closed for lunch 12pm-12:30pm</p>	<p>Website Link</p> <p>NE Portland – MLK 3716 NE MLK Jr. Blvd Portland, OR</p> <p>Project Network 3655 NE Garfield Portland, OR</p> <p>Rockwood 18417 SE Oak Street Portland, OR</p> <p>St. Johns 8425 N. Lombard St Portland, OR</p> <p>Sylvan 5415 SW Westgate Dr, Portland, OR</p>	<p>Offers mental health services for children-adult ages, individual and family therapy. Offer holistic health care in addition. Inpatient mental health services(Project Network) for Women culturally specific for African American women, with or without children.</p>
<p>OHSU Intercultural Psychiatry Program</p>	<p>(503) 494-4222</p>	<p>Mon - Fri 8am to 5pm</p>	<p>Website Link 2214 Lloyd Center, Portland, OR</p>	<p>culturally sensitive mental health services to immigrant and refugee communities. individual and group therapy as well as psychiatric evaluations, medication management, and case management in collaboration with primary care providers, and various community services.</p>
<p>Umbrella LGBTQ Community Counseling</p>	<p>(503) 234-7837 Info@pdxqcenter.org</p>	<p>Tues-Sat - 9:30am-5:30pm Mon - 12pm-4pm</p>	<p>Website Link 4115 N. Mississippi Ave Portland, OR</p>	<p>Community Center for LGBTQ2SIA+, support and peer groups for .Clubs, support groups, events, senior services.</p>