

## Mental Health Resources for OIT Portland Students

- Multnomah County Crisis Line 503-988-4888  
Provides 24-hour crisis counseling and referral.
- Clackamas County Crisis Line 503-655-8401  
Provides 24-hour crisis counseling and referral.
- Washington County Crisis Line 503-291-9111  
Provides 24-hour crisis counseling and referral.
- Clark County Crisis Line 360-696-4461  
Provides 24-hour crisis counseling and referral.
- Psychological Service Center 503-352-2400  
Provides 24-hour answer service for individuals, groups, couples, child, family therapy and psychological services. Sliding fee, open to public and located in downtown Portland.
- Oregon Psychological Association 503-253-9155  
Provides referrals to psychologists in Oregon.
- Portland Woman's Crisis Line 503-235-5333 or toll free  
1-888-235-5333  
24-hour domestic violence and sexual assault crisis line and referral for males and females.
- Counselor Education Clinic (PSU) (recording) 503-725-4620  
Staffed by part-time graduate students in Counseling Education Program at PSU. Provides individual, couple and family counseling services at reduced fees, day or evening sessions available.
- YWCA Counseling 503-294-7440  
Staffed by interns and volunteers who work with individuals, groups, couples, (no children), by providing psychological services on a sliding scale starting at \$15 per session. Two locations, downtown Portland and NE Portland.
- Alcoholics Anonymous 503-223-8569  
Provides literature and directory service for the Portland area.  
Web address: [www.portland-aa.org](http://www.portland-aa.org).
- Morrison Center Child and Family Services 503-232-0191  
Counseling and mental health services for children and families at 3344 SE Powell Blvd, Portland, OR 97202. Accepts OHP or \$90 an hour for counselor or therapist; \$120 for psychiatrist.

Cascadia Walk-in Clinic

503-963-2575

Psychiatrists, psychologists, nurse practitioner and counselors providing mental health care for Multnomah county residents on OHP or who have no health insurance.

National Crisis Lines:

1-800-SUICIDE (1-800-784-2433)

1-800-442-HOPE (1-800-442-4673)

Web resource:

[www.ulifeline.org](http://www.ulifeline.org) - Offers students a nonthreatening, supportive link to the OIT Counseling Service and other important mental health information, from the privacy of your computer, 24 hours a day.

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