



## Resource List for Youth

For additional resources and groups for anyone 18 years of age or older please visit [namimultnomah.org/resources](https://www.namimultnomah.org/resources).

**Enter to win!** Use the links below to let us know if you have used any of the resources we have provided or if you shared them with someone else and enter a monthly drawing to win a \$10 gift card.

Students: <https://www.surveymonkey.com/r/ETSforStudents>

Families: <https://www.surveymonkey.com/r/ETSforParents>

Staff: <https://www.surveymonkey.com/r/ETSforStaff>

### Crisis Resources

24/7 YouthLine Suicide Hotline..... 877-968-8491  
 YouthLine Text available 4-10 PM daily..... text "teen2teen" to 839863  
 24/7 TrevorLifeline Crisis intervention and suicide prevention for LGBTQ+ Youth ..... 1-866-488-7386  
 24/7 TrevorText Confidential text messaging with a Trevor counselor..... text "start" to 679679  
 Multnomah County Crisis Line ..... 503-988-4888

*Ask for Project Respond's Mobile Crisis Team*

Cascadia Walk-In Clinic (off Division St.)..... 7 a.m. to 10 p.m., 2415 SE 43<sup>rd</sup> Ave.

Emergencies Requiring **ECIT** Police Assistance..... 9-1-1

*Ask for emergency responders that have received **Enhanced Crisis Intervention Training** because they have additional training and experience with mental health emergencies.*

### \*Free\* Phone Apps for Wellness

Breathe2Relax - Stress management  
 Pacifica - Stress/Anxiety  
 My Strength - Mood balance, calming  
 Mindshift - Teens/Anxiety  
 PTSD Coach - Designed for Veterans  
 Daylio Diary Mood Tracker - Anxiety/Depression  
 MoodTools Depression Aid - Depression  
 The Worry Box - Anxiety/Depression

### NAMI Affiliate & State Organizations

NAMI Clackamas County..... 503-344-5050  
 NAMI Multnomah ..... 503-228-5692  
 NAMI SW Washington..... 360-695-2823  
 NAMI Washington County ..... 503-356-6835  
 NAMI Oregon ..... 503-230-8009

### Treatment

Multnomah Early Assessment and Support Alliance (EASA) ..... 503-988-3272

Provides information and support to young people experiencing symptoms of psychosis for the first time. Multnomah EASA is a 2-year outreach and treatment program. They provide accessible, effective treatment and support. Locations are available in many counties statewide. For more information, please visit [easacommunity.org](http://easacommunity.org).



Lifeworks NW Information and Intake ..... 503-645-9010  
 Provides mental health, addiction, and prevention services to individuals of all ages. They also specialize in programs for young adults and provide culturally specific services for African American and Latino youth. Services differ at each location. In order to access services, call the number provided for information and intake. For more information, please visit [lifeworksnw.org](http://lifeworksnw.org). Lifeworks NW REAL (Recovery, Empowerment, Achievement in Life) Program..... 503-282-3296

Substance-use treatment program culturally focused for African-American youth, but welcomes everyone. REAL provides individual, group, family, recovery mentoring, case management, and care coordination using traditional addictions treatment models modified to meet the principles of Kwanzaa. Provide dual diagnosis services including treatment for mental health and addiction. For more information, please visit [lifeworksnw.org/addiction-services](http://lifeworksnw.org/addiction-services).

Mind Matters ..... 503-352-0468  
 Timely access to psychiatric services for children, adolescents, families, and organizations. School consultation and collaboration services available. For more information, please visit [mindmatterspc.com](http://mindmatterspc.com)

Options Counseling and Family Services ..... 541-687-6983  
 Provides family preservation, behavioral health services, and other family supports to families and individuals. For more information, please visit [options.org](http://options.org).

Morrison Child & Family Services ..... 503-258-4200  
 Provides comprehensive continuum of mental health, substance abuse, and prevention and education services for youth, from birth through age 21. For more information, please visit [morrisonkids.org](http://morrisonkids.org).

Albertina Kerr Centers..... 503-239-8101  
 Provides a continuum of mental health services for children, teens, and their families, including short-term crisis stabilization, as well as clinic- and community-based outpatient care. For more information, please visit [albertinakerr.org/childrens-mental-health](http://albertinakerr.org/childrens-mental-health).

DePaul Youth Treatment Programs..... 503-535-1151  
 Residential substance-use treatment program for male-identified clients ages 13 to 17. Positive youth development supports and encourages teenagers to engage and participate in their treatment, learn how to make informed decisions and to accept accountability for those decisions. For more information, please visit [depaultreatmentcenters.org/programs/youth](http://depaultreatmentcenters.org/programs/youth).

A Better Way Counseling Center and Free Support Groups..... 503-226-9061  
 Individual and family counseling specializing in eating disorders such as bulimia, binge eating disorder, anorexia, nervosa, or compulsive overeating. For more information, please visit [abwcounseling.com](http://abwcounseling.com).

**Other Local Resources**

Youth Era..... 971-334-9295  
 The Drop Model offers a safe, welcoming, and inclusive drop-in center spaces where youth can receive peer support, gain leadership skills, meet new people, and achieve their goals. Inspired by the Headspace Model and enhanced through the integration of Positive Youth Development, the Youth Era Drop Model impacts thousands each year. For more information, please visit [youthera.org](http://youthera.org).

Big Brothers, Big Sisters Columbia Northwest..... 503-249-4859  
Create and support one-to-one mentoring relationships that ignite the power and promise of youth. Community based matches are encouraged to spend time together about once a week doing low-cost or free activities. This consistency promotes a healthy relationship which supports young people to build self-confidence, think about their future, and have lots of fun. For more information, please visit [itsbigtime.org](http://itsbigtime.org) or [bbbs.org](http://bbbs.org).

New Avenues for Youth ..... 503-224-4339  
Assisting young people as they work to overcome barriers, pursue their goals, and realize their potential. From supporting basic needs like meals and counseling to providing opportunities for education, job training, employment, and housing. For more information, please visit [newavenues.org](http://newavenues.org).

A Hope for Autism..... 503-244-4083  
Quality educational and behavioral support for children with autism and related disorders and their families with a pool of well-trained home interventionists and school personnel that serve children and Autistic Spectrum Disorder. For more information, please visit [ahopeforautism.net](http://ahopeforautism.net).

Help Autism Now Society ..... 207-505-0307  
An international organization founded by medical professionals, whose child was diagnosed with autism. Their website provides a number of resources for families and practitioners, as well as access to a supportive national and international community of families affected by autism. For more information, please visit [helpautismnow.com](http://helpautismnow.com).

**Resources for Homelessness and Economic Development**

Lifeworks NW STRIDE..... 503-619-9007  
STRIDE (Strengthening Tools to Recovery, Independence, Determination, and Empowerment) aims to assist young people experiencing homelessness, exiting from the foster care system and/or residential treatment, and individuals who identify with the LGBTQ+ community. For more information, please visit [lifeworksnw.org/prevention-services](http://lifeworksnw.org/prevention-services).

p:ear..... 503-228-6677  
“p:ear works” creatively builds pathways for youth to end their homelessness and poverty by providing meaning job training and employment opportunities. Since its inception in 2002, p:ear has mentored over 4,500 youth. p:ear provides safe space and education, art and recreation programming.

**Gender Specific Resources**

Chrysalis Support Groups..... 503-939-0923  
Chrysalis is a school based prevention program to support teenage, female-identifying trauma survivors. Chrysalis groups are held weekly from October through June at host high school sites. Group members learn health coping skills, learn about trauma and its effects, and support each other in telling their survival stories. For more information, please visit [trilliumfamily.org/programs-and-services/prevention/chrysalis-support-group](http://trilliumfamily.org/programs-and-services/prevention/chrysalis-support-group).

Girls Inc. of the Pacific Northwest..... 503-230-0054  
Inspires all girls to be strong, smart, and bold. Provides life-changing after school programs and experiences that help girls grow up to be healthy, educated, and independent. For more information, please visit [girlsincpnw.org](http://girlsincpnw.org).



Sexual & Gender Minority Youth Resource Center (SMYRC) ..... 503-872-9664  
 Provides a safe, supervised, harassment-free space for sexual and gender minority youth who participate in positive activities like art, music, community organizing, open mic nights, drag shows, and support groups and receive services including case management, counseling, education, and more. With the goals of increasing academic success and access to jobs, reducing poverty and school drop-out, SMYRC honors, empowers, and supports LGBTQ+ youth to be their best selves and become leaders in their communities. For more information, please visit [smyrc.org](http://smyrc.org).

Q Center ..... 503-234-7837  
 The Q Center provides a safe space to support and celebrate LGBTQ+ diversity, equity, visibility, and community. The Queer Youth Group is a safe place where LGBTQ+ people under the age of 18 can join in conversations, discuss queer topics, and find support among their peers. For more information, please visit [pdxqcenter.org](http://pdxqcenter.org).

**Culturally Specific Resources**

IRCO Africa House..... 503-802-0082  
 Youth Programs ensure that students receive a quality education to overcome the obstacles that perpetuate inequality and poverty. From one-on-one mentoring, tutoring, academic advocacy, and after school activities, to gang prevention and intervention for at-risk youth, IRCO provides culturally and linguistically specific support to help close the achievement gap, improve 3rd grade reading, ease middle school transitions, and increase the number of youth graduating from high school and pursuing college or career opportunities. For more information, please visit [irco.org](http://irco.org).

IRCO Asian Family Center..... 503-235-9396  
 Youth Programs ensure that students receive a quality education to overcome the obstacles that perpetuate inequality and poverty. From one-on-one mentoring, tutoring, academic advocacy, and after school activities, to gang prevention and intervention for at-risk youth, IRCO provides culturally and linguistically specific support to help close the achievement gap, improve 3rd grade reading, ease middle school transitions, and increase the number of youth graduating from high school and pursuing college or career opportunities. For more information, please visit [irco.org](http://irco.org).

Asian Health & Service Center Portland Office ..... 503-872-8822  
 Asian Health and Service Center (AHSC) is a non-profit organization whose mission is to be the bridge between Asian and American culture and build a harmonious community, reducing health inequity and improving health care quality for all Asians. For more information, please visit [ahscpdx.org](http://ahscpdx.org).

El Programa Hispano Catolico ..... 503-669-8350  
 Provides academic support, advocacy, skill building, mentoring, tutoring, and recreation for Latino students. Provides family engagement services to Latino parents in Multnomah County school districts. For more information, please visit [elprograma.org](http://elprograma.org).

Latino Network ..... 503-283-6881  
 School based programs for Latino youth and their families support academics, high school graduation, and college and career readiness. Introduce Latino and Latina youth to concepts of leadership, service, success, and positive cultural identity. Together these programs grow student and parent leaders and promote a college-going culture. For more information, please visit [latent.org](http://latent.org).