



How do I access...?



A Mental Health Counselor

I have private health insurance



LifeStance Health / Western Psychological & Counseling Services

971-808-3643



Referral Form

I have Oregon Health Plan



Trillium Family Services

503-813-7764

MGregg@trilliumfamily.org



Referral Form

I may or may not have health insurance

School-Based Health Centers:

Milwaukie HS

503-353-5847

Clackamas HS

503-353-5890

Putnam HS

503-353-5884

Nelson HS

503-353-5770

Medical Care (non-emergency)

NCSD School-Based Health & Wellness Centers

Routine physical exams, treatment of illness and injury, dental services, age-appropriate reproductive health services, vaccines, and more

Open to all NCSD students:

Milwaukie High School

503-353-5847

Clackamas High School

503-353-5890

Putnam High School

503-353-5884

Nelson High School

503-353-5770

Call 9-1-1 or go to the nearest emergency room, if you are having a medical emergency.

Contact your **school counselor** for information or help accessing student & parent resources.

Food

NCSD Food Pantry
at Wichita Center

Tuesdays & Thursdays, 10am-2pm

Housing Support

Family Support Center

503-353-5663

Dental Care

NCSD Smile Squad

503-353-6096



Someone to speak with right now

Clackamas County Mental Health

24/7 Crisis Clinic: 503-655-8585

Non-Urgent: 503-742-5335

Youth Line

877-968-8491 or

Text "teen2teen" to 839863

Abuse or threat reporting

Clackamas County DHS

855-503-7233

SafeOregon

844-472-3367

tip@safepacific.com

