

Black, Indigenous & People of Color (BIPOC), Immigrant and Refugee Mental Health Services and Resources

Acute/Urgent Services	Service Areas	Contact Number	Specialized Services
Information & Referral M-F, 8-5 pm	City of Portland and Multnomah County	Ph: 503-823-4000 TTY: 503-823-6868	Uses Language Line Services for access of 200 language interpretation.
Mental Health Crisis Line 24/7	Multnomah, Washington, Clackamas Counties	Ph: 503-988-4888 TTY: 711	Bilingual/Spanish speakers and Language line for all other interpretations needs
Suicide Hotlines	Oregon links http://Suicidehotlines.com/Oregon.html	National: 1-800-Suicide or 1-800-784-2433	Each Oregon county has their own hotline #, prevention resources. Use Language Line.
Oregon Health Authority Coordinated Care Organizations (CCO's)	List & contact info of CCO's in your area or region.	800-273-0557 Language Access Coordinator: 1-844-882-7889 TTY 711	MH, BH, and substance disorder resources.
Portland Police 24/7		Non-emergency Ph: 503-823-3333 Emergency: 911	Language line.
Women's Crisis Line 24/7		Ph: 503-235-5333 and 911	Services, dv shelters, Language Line
BIPOC, Immigrant and Refugee MH Services	Service Areas	Contact Number	Specialized Services
Asian Health & Service Center	Multnomah County, Beaverton	Multnomah: 503-872-8822 Beaverton: 503-841-4113	Community & Public Health Svs., MH Svs. In English, Cantonese, Mandarin, Korean, Taiwanese.

Avel Gordly Center for Healing	Multnomah County	New patients: 503-418-5311 Returning patients: 503-494-4745	African and African American, Afrocentric, trauma informed care; child, adult svcs.
Best Care Treatment Services	Redmond/Madras. Detox, outpt. & residential care (only Latinocentric site in Oregon).	541-504-9577	Substance Disorder treatment. Spanish, English
Bienestar de La Familia	Multnomah County	Ph: 503-988-3509 or 503-988-6019	Case mgt, Substance disorder evals, MH counseling. English, Spanish Somali.
Catholic Charities	Multnomah, Clackamas	International Counseling Ctr. 971-222-1883	Immigrant & refugee svcs.; English, Spanish, Arabic.
		Project Única/Proyecto Única. Domestic Vio. and Sexual Assault svcs.503-232-4448	Svs. in English, Spanish.
El Programa Hispano	Gresham, Clackamas	503-669-8350	MH, navigators, health promoters, advocates. English, Spanish
Care Oregon Tribal Care Coordination	Health, MH, Wellness Svcs., intensive case management, care coordination.	844-847-9320 Portland: 503-488-2815	American Indians, Alaskan Natives
Central City Concern Puentes Program	Substance Use d/o, recovery, MH cslg.	503-546-975	English, Spanish
Euvalcree Community Organization	Ontario	541-889-3189	Spanish, English, Somali, Arabic languages. Coordination with IRCO
Esperanza Wellness Center	Liliana Luna, LPC, intern	971-246-1053	Family, couple cslg. Spanish, English

Latino Community Association	Bend	541-382-4366	Social & health svcs. English, Spanish
La Clinica del Valle	Medford	541-535-6239	Wellness, MH svcs. Spanish, English
Lower Columbia Hispanic Council	Astoria	503-325-4547	OHP assistance, I/R. English, Spanish.
Lutheran Community Services NW	Multnomah, Clackamas, And Washington County	M/C: 503-731-9589 WA:503-924-2448 Current clients call: 503-713-6970	M/C: Arabic, Burmese English, Farsi, French, German, Italian, Nepali, Russian, Spanish. WA: Arabic, English, Farsi, Dari, Spanish, Russian. Multi-disciplinary teams, multi-cultural cslg., war, torture, trauma.
NAMI Oregon (National Association of Mental Illness)	Resources for various culture, language groups	503-280-8009	Family based, grass roots support & advocacy.
Native American Rehabilitation Association NW	MH, Substance Abuse treatment	503-224-1044	American Indians, Alaskan Natives
OHSU Intercultural Psychiatric Clinic	Daniel Towns, DO Medical Director	503-494-4222	14 multi-lingual cslrs.: SE Asian, East European, African languages. Torture treatment for survivors
Pacific University Sabiduria Clinic & Program	Washington Cty.	503-352-3615	Latinx MH, bilingual svcs.
Portland Therapy Center	Joaquin Lopez, LPC, intern Angelica Sanchez, LCSW	503-997-2275 503-714-6426 (Gresham)	English/Spanish English/Spanish
Quimson Behavioral Health	Dr. Pia Quimson Guevara, DO Portland Tri Cty.	971-307-9602	Asian/Pacific Islander focus
Refugee & Immigrant Health Svcs 8-7pm, M-F	Multnomah County; SE, Mid County.	503-988-3601	Multi-lingual providers.

Revolution Cslg. Services, LLC	Anjabeen Ashraf, PhD, LPC intern	541-286-5207	
Russian Oregon Social Services (EMO)	Multnomah, Washington, Clackamas, Marion, Clark Counties.	ROSS: 503-777-3437 Ecumenical Ministries of Oregon: 503-221-1054	DV, SA, MH Svs. Immigrant, refugee. Russian, Ukrainian languages.
Virginia Garcia Wellness Center 503-352-6000	Beaverton, McMinnville SBHC Beaverton, McMinnville n MH	503-356-3985 503-472-1338	English, Spanish
Western Psychological Svs.	E/W Gresham Hillsboro Conexiones/MLK	503-669-4300 503-439-9531 503-321-8205	English/Spanish
Social Media/Facebook/Resource group	Service & Policy Advocates	Contact Number	Actions
Oregon Mental Health Professionals of Color/FB Group latinxtherapy.com	State of Oregon Commission on Hispanic Affairs (OCHA) Latino Emotional Wellness Collaborative (LEHC)	503-302-9725 971-229-0482 Oregon Latino Health Coalition	Advocacy, Research, 2020 MH report (in process), policy recommendations. Strategic partnerships.

** MH Resource list compiled by Linda Castillo, M.S, OCHA Chair • 503-309-4519 • 03/2020