

Mental Health Counseling Services

Sequoia Mental Health

585 SW 185th Ave, Aloha, OR 97078

(503) 591-9280

<https://www.sequoiamhs.org/>

Near Aloha High School

Wait Time: Accepting now

In person and virtual options

There is one Spanish speaking clinician

Insurance: Forms of OHP: CareOregon, HealthShare, Trillium, OpenCard, Yamhill; Providence

Lifeworks NW (multiple locations)

10700 SW Beaverton-Hillsdale HWY, Building 1, Suite 011

Beaverton, OR 97005

503-641-1475

<https://www.lifeworksnw.org/location/beaverton/>

Multiple locations

Wait Time: Now accepting.

In person and virtual options

Insurance: OHP

True Heart Therapy

Located near OR Zoo

1730 SW Skyline Blvd #109, Portland, OR 97221

971-203-2326

<https://www.truehearttherapy.com/>

Accepting Now

In person and virtual options

OHP and most private insurance

Barcelona Counseling

4537 SW 96th Ave.

Beaverton, OR 97005

503-376-9520

<https://www.barcelonacounseling.org/>

Spanish speaking providers, Virtual and in-person options

Wait time: Now accepting

Insurance: Oregon Health Share/ Care Oregon, Pacific Source, Aetna, Providence, and providers for INDIVIDUAL counseling only.

Balance Center for Children and Families

11740 SW Warner Ave.

Tigard, OR 97223, US

503-596-2222

<https://www.balanceforfamilies.com/>

Spanish speaking providers, In-person options

Wait time: 2-3 months

Insurance: Aetna, Beacon Health, BCBS, Cascade EAP, Cigna, First Choice Health, Health Share OHP(Kaiser, CareOregon, Providence), Humana, Kaiser, LifeSynch, Moda, Oregon Medicaid Fee for Service (Open Card or DMAP), Optum(United Health Plans), Pacific Source, United Healthcare/United Behavioral Health.

FireFly Institute

4950 NE Belknap Ct. Ste 205

Hillsboro, OR 97124

503-560-5822

<https://www.fireflyinstitute.org/>

Wait Time: Accepting now

In person and virtual options

Insurance: Aetna, Regence BS, Bridgespan Health Company, Cigna, Crime Victims Comp., Health Net, MHN, Optum, PacificSource, UMR, United Healthcare

Morrison Family Services

15455 NW Greenbrier Pkwy, Suite 200, Suite 200

Beaverton, OR 97006

(503) 258-4495

<https://morrisonkids.org/>

Both in-person and virtual

Wait time: 2-4 weeks for Beaverton clinic

Insurance: OHP, Providence, Moda, and Kaiser, no out of network

NW Counseling Associates

4900 SW Griffith Drive, #157, Beaverton, OR 97124

503.444.8230

<https://www.nwcounselingassociates.com/>

Wait time: 3-4 months

Provide in-person or online options

Insurance: Aetna/Aetna EAP, CareOregon (OHP), Kaiser, Legacy, Lyra, MODA, OHSU Tuality and Associates, Open Card (OHP), Pacific Source, Regence/Blue Cross Blue Shield, Reliant Behavioral Health (RBH)

Fora Health/Dupaul

(503) 535-1151

<https://forahealth.org/>

For substance use and mental health needs; medication and detox services

Outpatient services: Walk-in on Tuesdays 2pm-4pm & Thursdays 10AM-2PM to sign up

Residential services: Fill out the [inquiry form](#) online or call (503) 535-1151

Wait time: Accepting now; 18 years or older

Most insurance accepted

NeuStart Psychiatry

(503) 334-1617

<https://neustartpsychiatry.com/>

Accepting now

Virtual only

Insurance: Aetna, Evernorth (Cigna), First Choice, Moda Health, Optum (United Healthcare), Providence, Pacific Source & Pacific Source Medicaid, Blue Cross Blue Shield, Regence, MHN Health Net

NorthStar Psychiatry

16100 NW Cornell Rd #220,

Beaverton, OR 97006

Telephone: 503.878.8885

Accepting Now for therapy and medication management

Brie Sweeney - Accepting Clients Now