

HSD Mental Health Care Coordinator Tip Sheet

Tips for locating mental and behavioral health services in the community, based on your insurance coverage

Oregon Health Plan (OHP)

The following mental health agencies accept most forms of OHP. We recommend outreach to several agencies at once. Confirm the agency accepts your form of OHP when you call to request an appointment.

Century School Based Health Center

503-597-4580

<https://www.hsd.k12.or.us/SBHC>

Youth Contact

503-640-4222

www.youthcontact.org

Sequoia Mental Health Services

Intake: 503-619-1560 or intake@sequoiamhs.org

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

Pacific NW Behavioral Health, LLC

971-258-2120

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

*Morrison Child and Family Services

To schedule first appt: 503-258-4381

www.morrisonkids.org

LifeWorks NW

To schedule the first appt: 503-645-9010

www.lifeworksnw.org

Options Counseling and Family Services

Beaverton Office: 503-352-3260

<https://options.org/>

Barcelona Counseling

503-376-9520

www.barcelonacounseling.org

Your OHP benefits are managed by a Coordinated Care Organization (CCO). Contact your CCO directly if you need assistance finding counseling services covered by your plan. Check the back of your insurance card for more information.

- [Health Share](#): 503-416-8090 (Care Oregon provides the mental health benefits)
- [Trillium](#): 1-877-600-5472
- [Yamhill Community Care](#): 1-855-722-8205
- [Open Card](#) (if not assigned a CCO): 1-800-273-0557

Free Supports for Parent Wellbeing

Reach Out Oregon

- Parenting Warmline: 1-833-732-2467
- <https://www.reachoutoregon.org/>

NAMI Washington County

- View their website for the parent support group schedule and other programming info
- <https://www.washconami.org/>

Promotoras Program with LifeWorks NW

- This program supports Latinx families in WA County with children ages birth to age 12 **-OR-** Latinx community members ages 18+
- For more information, call 503-887-9149

Parenting Together Washington County

- Visit their website for programming details
- <https://parentingtogetherwc.org/events/>

Commercial Insurance Plans

- Search for providers on Psychology Today: <https://www.psychologytoday.com/us> or Portland Therapy Center: <https://www.portlandtherapycenter.com/>
 - Filter your search by location, insurance, ages served, etc.
 - Reach out to multiple providers at one time. Many independent providers do not have a dedicated receptionist, so you will need to leave messages and wait for a call back.
- Contact your insurance company directly to request a list of covered providers, or try a search through their website. However, we find these lists may not always be up to date.
- Reach out to your child's primary care provider. Some medical clinics offer brief therapy services with a behavioral health consultant.
- Contact one of these larger counseling agencies in our area who bill a variety of commercial insurance plans and have multiple providers in a single location:

***NW Counseling Associates, 503.444.8230**

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

***Firefly Institute, 1-503-560-5822**

<https://www.fireflyinstitute.org/new-client-referral>

***BrightSpire Health, 971-229-4009**

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

Still Waters Counseling, 541-975-3868

<https://stillwaterscounsel.com/>

**Pacific Northwest Behavioral Health, LLC,
971.258.2120** <https://www.pnwbh.com/>

Positive Inner Self, 503-468-4791

www.positiveinnerself.com

For Kaiser Permanente Members:

- Call **503-249-3434** to request specialty care mental health services. Kaiser has mental health providers within their organization, as well as contracted providers in the community.
- You can also request an appointment with a Behavioral Health Consultant. These providers work out of the primary care offices. Behavioral Health Consultants provide brief interventions only, not ongoing therapy services. You can schedule directly with them through the online portal under 'Mental Health' then 'Behavioral Health Counseling'
- <https://healthy.kaiserpermanente.org/oregon-washington/health-wellness/mental-health/services>

**The starred agencies on the two lists above are also credentialed with Kaiser commercial plans*

Crisis Resources

If you are in need of immediate mental health crisis support, contact the *Washington County Crisis Line* at **503-291-9111**. The line is answered 24/7 by mental health professionals.

National Suicide Prevention Life Line: Dial **988**

Oregon Youth Line: For 24/7 Teen advice

Chat: <https://oregonyouthline.org/>

Call: **877-968-8491**

Text: **839863**

Link to a pdf of additional crisis resources: [Where to Find Support](#)