

RESOURCES

MENTAL HEALTH CRISIS AND TREATMENT OPTIONS

24/7 BEHAVIORAL HEALTH CALL CENTER | 503-988-4888

- Call if you are in crisis or need crisis services
- Talk to someone or find help for yourself or someone else

URGENT WALK-IN CLINIC

Cascadia Health - Mental Health Urgent Walk-in Clinic

Receive immediate, in-person care for a behavioral health crisis. Serves anyone at no cost.

4212 SE Division St, Portland
(503) 230-9654

Open Monday-Friday, 7am-9pm | Saturday-Sunday 9am-9pm

CRISIS ASSESSMENT & TREATMENT CENTER (CATC)

A safe, and supportive place to stay and recover from a mental health crisis. CATC offers short-term crisis support and stabilization for adults ages 18 and up.

Operated by Telecare and open by referral
503-232-1099
<https://www.telecarecorp.com/multnomah-catc>

ADDICTION TREATMENT PROGRAMS

SEE TABLE FOR OPTIONS

AA MEETING LOCATOR

<https://westsidecentraloffice.com/meetings?tsml-day=any&tsml-region=multnomah-co>

ADDICTION TREATMENT PROGRAM	Outpatient Substance Use Disorder Services	DUII Services Provider	Co- Occurring Disorders Services	Culturally Specific Services	Residential Substance Use Disorder Services	Detox -ification Services
ALLIED HEALTH SERVICES OF PORTLAND (503) 226-2203 www.crchealth.com *Additional: synthetic opiates	✓					
ANOTHER CHANCE CLINICAL SERVICES, LLC (971) 269-8124 www.anotherchanceclinicalservices.com	✓	✓				
BRIDGES TO CHANGE (503) 465-2749 www.bridgestochange.com	✓					
CASCADIA HEALTH (503) 238-0769 www.cascadiabhc.org	✓	✓				
CENTRAL CITY CONCERN (503)294-1681 www.centralcityconcern.org	✓	✓		✓		✓
LIFE WORKS NW (503)645-9010 lifeworksnw.org	✓	✓	✓		✓	
LUTHERAN COMMUNITY SERVICES NW (503)231-7480 www.lcsnw.org *Additional: Community-Based Criminal Justice Services	✓	✓	✓			
MORRISON CHILD AND FAMILY SERVICES (503)258-4200 www.morrisonkids.org	✓					
PROVIDENCE HEALTH SYSTEMS OUTPATIENT (503)215-9320 www.providence.org/services/substance-abuse-treatment	✓					
VOLUNTEERS OF AMERICA (503)235-8655 www.voao.org	✓		✓		✓	

PROBLEM GAMBLING HELPLINE

Call 1-877- My Limit (1-877-695-4648) or
Get help by Instant Messaging/Chat/Email
Help is free, confidential, and it works.

SEXUAL ADDICTION AND PORNOGRAPHY

PURE DESIRE MINISTRIES

www.puredesire.org

LIFESTAR OREGON

Phased treatment program aimed at helping individuals who struggle with pornography addiction and unwanted compulsive sexual behaviors. The phases of treatment build on one another providing a long-term and comprehensive approach to eliminating addictive/ compulsive sexual behaviors. Emphasis is placed on effective treatment plans, support networks, a commitment to group therapy, and other strategies for sobriety, presented in an effort to help participants live healthier, happier lives.

(503) 747-8171

www.lifestaroregon.com

SAA PORTLAND

Sex Addicts Anonymous (SAA) is a fellowship of men and women who share their experience, strength and hope with each other, so they may overcome their sexual addiction and help others recover from sexual addiction and dependency

www.portlandsaa.org

PRIVATE PRACTICE THERAPISTS

GENERAL

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

Laura Joachim

<https://deepcreekcounseling.com/>

Jeanette Miller

<http://www.restorycounselingpdx.com>

Tom Dooley, Psychologist, Vancouver, WA, 98684 | Psychology Today

<https://www.psychologytoday.com/us/therapists/tom-dooley-vancouver-wa/79911>

Tracy Lindstrom, LMFT, Marriage & Family Therapist, Beaverton, OR, 97005 | Psychology Today

<https://www.psychologytoday.com/us/therapists/tracy-lindstrom-lmft-beaverton-or/175526>

Tim Ludeman, Licensed Professional Counselor, Happy Valley, OR, 97086 | Psychology Today

<https://www.psychologytoday.com/us/therapists/tim-ludeman-happy-valley-or/89833>

Tim Joachim

<https://www.psychologytoday.com/profile/1176618>

ADDICTION SPECIALIST

David Anderson, Licensed Professional Counselor, Portland, OR, 97219 | Psychology Today
<https://www.psychologytoday.com/us/therapists/david-a-anderson-portland-or/110406>

Jeff Benerofe, Licensed Professional Counselor, Portland, OR, 97217 | Psychology Today
<https://www.psychologytoday.com/us/therapists/jeff-benerofe-portland-or/842093>

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

SEXUAL ADDICTION SPECIALIST

Brad Peterson, Counselor, Vancouver, WA, 98684 | Psychology Today
<https://www.psychologytoday.com/us/therapists/brad-peterson-vancouver-wa/139102>

***The resources listed on this document are provided as a courtesy and are intended to serve as a starting point for exploring therapy options. Please note that the inclusion of these resources does not constitute an endorsement by Rise City Church, and the views expressed by these providers may not necessarily reflect those of the church.

These suggestions are based on publicly available information and are for general guidance only. It is essential to conduct your own research to ensure the provider aligns with your personal needs and values. For specific advice or to determine the most appropriate treatment for your situation, we strongly recommend consulting with a licensed health professional.