Uninsured		
Insurance		Low-Cost Counseling
Allies in Change Counseling Center	U	Individual and couples counseling, groups for men and women, services related to domestic
1675 SW Marlow Ave, Suite 110		violence, parenting, anger management, and abuse intervention.
Portland, OR 97225		COST: Sliding scale (Groups \$2-60, Intake \$10-80, Individual/Couples \$20-\$120)
(503) 297-7979		ELIGIBILITY: No restrictions
www.AlliesinChange.org		INSURANCE: Private insurance accepted; call for benefit information
Asian Health and Service Center:	U	Chinese Medicine, counseling, psych. evaluation and medication management. Individual and
503-872-8822 ext.200 (Intake)		group counseling, case management. Services offered in Cantonese, English, Korean,
Portland: 3430 SE Powell Blvd 97202		Mandarin, Vietnamese or Taiwanese.
503-641-4113 (Beaverton - Intake?)		ELIGIBILITY: Mult, Wash, Clack County residents only + must speak Cantonese, Korean, or
12500 SW Allen Blvd Beaverton 97005		Mandarin
http://ahscpdx.org/index.html		COST: sliding scale based on insured or uninsured (what is the fee range?)
		INSURANCE: Care Oregon (Health Share of Oregon?)
Catholic Charities	U	Offers healthy relationship classes. Areas of focus include: improving communication, building
The Between Us: Building Healthy		problem solving and conflict resolution skills, strengthening commitment, setting health
Relationships Program		boundaries, and establishing safe relationships. Offer a specific Spanish-language parenting
, -		class and can sometimes offer other classes in languages other than English (call to inquire).
2740 SE Powell Blvd. Portland, OR 97202		
Intake, Call Rebecca 503-688-2613		Eligibility: for teens, singles, couples, and familiesopen to all people.
www.catholiccharitiesoregon.org/pregnancy_betwe		Cost: No Fees
en_us.asp		INSURANCE: N/A
Cascadia Behavioral Healthcare		Comprehensive assessment and treatment planning, individual and group counseling, crisis
4 locations, call for more information		intervention, case management, skills training, consultation, supported employment,
Intake # 503.674.7777 (no walk-ins)		supported education and medication management, crisis respite beds, transitional and
www.cascadiabhc.org		permanent housing for people with psychiatric disabilities. Emotional health programs for
Open M-F 8:30-5.		seniors, people with developmental disabilities, addictions treatment. Intensive drug and
		alcohol treatment. Call intake line M-F, 9-5 for inital intake and assessment appoinment .
		Urgent mental health walk-in clinic available (see next entry). Specific services for foster
		children, gambling, young men of color, offenders, and individuals experiencing homelessness.

		Eligibility: Anyone 6 & up
		COST: Call for specific details for cost
		INSURANCE: Call for specific benefit verification
Cascadia Urgent Walk-in	U	Walk In crisis & risk assessment, referral to other resources, with limited medication
4212 SE Division Suite 100	1	assessment/perscriptions. Spanish speaking limited on staff w/access to translaters. No
503-963-2575		appointments made, walk in only.
www.cascadiabhc.org		ELIGIBILITY: Multnomah County residents only regardless of insurance status
Open 7 days a week 7am-10:30pm		COST: No Fee
		INSURANCE: N/A
Conexiones	U	Individual and group mental health counseling services and psychotherapy, able to provide
503-235-8057 ext. 9	1	services in English and Spanish. Movement, healing, and skill based classes/workshops.
3500 NE MLK Suite #200.		Elibigility: Open to all
www.conexionesportland.com		Cost: Sliding scale fee for uninsured starts at \$45 for therapy, \$20 for classes.
		Insurance: Accept most health insurance including Kaiser, Medicare and Care Oregon (Care
Family Medicine at Richmond (OHSU)	U	Offers Behavioral Health Care (Psychiatry Clinic) with referral from patients' primary care, in
3930 SE Division Street	1	addition to Allopathic/Traditional Western Medicine. Acute and Chronic Care. Also have a
Portland, OR 97202		family practice, walk in clinic & walk in BH clinic.
Intake 503-418-3900		ELIGIBILITY: Prioritizes people SE area homeless living near clinic (call to check clients' address
Open M-F 8am-8pm and Sat 9-1		eligibility), pregnant women, children and elderly, coalition referrals
http://goo.gl/oi0lMi		COST: Sliding scale fees based on income start at \$25
		INSURANCE: Accepts Care Oregon, Healthshare of Oregon
Good Samaritan Ministries	U	Donation based center. Providing counseling, teacher training, and lay counselor training.
7929 SW Cirrus Dr. Bld 23 Beaverton, OR		Counseling includes: family, individual, marriage, men's groups, women's groups, teen groups,
503-644-2339 intake		children, anger management, and abuse recovery for offenders and victims. Must apply for
Mon-Thurs from 8am-9pm; Fri 8am-5pm		counseling services, walkins OK for support groups. Christian faith-based organization.
http://goodsamaritanministries.org/counseling/		ELIGIBILITY: Open to all except for minors (currently)
		COST: Donations accepted, but not required. No recommended amount.
		INSURANCE: No insurance coverage accepted

Jewish Family and Child Services	U	Offers individual, child, couple, family, and group counseling for individuals from a variety of
1221 SW Yamhill Street, Suite 301	1	social, cultural, and economic backgrounds. English only.
503-226-7079 (ext. 124)		ELIGIBILITY: Anyone (Non Denominational) except young children.
www.jfcs-portland.org		COST: Sliding scale, \$35 initial session, \$25 thereafter
M-Th 9am-5pm, Friday 9am-2pm		INSURANCE: Medicare, MHN, UBH, and PacificSource accepted.
Lifeworks NW		Counseling and psychiatric Services, dual diagnosis treatment, chemical dependecy.
Intake (503)-645-9010	U	Medication persciption/management. Spanish bilingual counselors available. Culturally
1-888-645-1666 (No Walk-Ins)	1	specific programs for African Americans.
Various clinics in Mult, Clack, WA Counties		ELIGIBILITY: Children, youth, family and adults.
		COST : Only accepts Care Oregon (MTF accepted for severe mental illness), sliding fee scale for
www.lifeworksnw.org		uninsured/cash payments. Call intake line for specific cost for services.
-		INSURANCE: Accepts Care Oregon only
Lutheran Community Services NW	U	Individual and family counseling, medication management, mental health assessment. Some
605 SE Cesar Chavez Blvd, Portland OR	1	counseling in Spanish available. Culturally specific programs for HIV+ African Americans and
503-231-7480, for intakes 503-731-9589		refugees (from Rwanda, Uganda, Congo, and more, as well as services in French, Somali, and
M-Th 8am-5pm, F 8am-2:30pm		Swahili languages). Limited addiction counseling. May have 2-3 week wait to see therapist.
http://www.lcsnw.org/portland/counseling.html		ELIGIBILITY: No restrictions
		COST: Uninsured billed at \$50/hour
		INSURANCE: Health Share/OHP accepted
McCoy Counseling Services	U	Private practice counselor providing online, phone/Skype & in-person therapy for individuals,
423 NE 60th Avenue Portland, OR 97213		teens, couples, and families. No medication management. ELIGIBILITY: single, couples
and 6745 SW Hampton St. PDX		& families
503-550-8173		COST: Sliding scale available. 50min online chat \$40, \$35 per email session,
www.mccoycounselingservices.com		in-person therapy sessions \$50 for 50 minute session, prepay of \$70
Mon AM & PM, Tue AM & PM, Thur PM		INSURANCE: No insurance coverage accepted

Morrison Center		Child and Family Services provides a comprehensive continuum of mental health, substance
Locations throughout the metro area	1	abuse and prevention services for children. Prevention & education, outpatient, community &
including NE Portland, Oregon City and		school-based, day treatment, residential treatment, medication management/prescriptions.
Beaverton		Services available in Spanish.
Central Intake (503) 258-4381 outpatient		ELIGIBILITY: Focus on 18 and under , with services for families of child/youth clients
morrisonkids.org		COST: Currently no sliding scale
		INSURANCE: Accepts OHP/Care Oregon
N.W. Catholic Counseling Center	U	Offers individual, couples, child, family, pre-marriage, and recovery counseling. Medication
8383 N.E. Sandy Blvd Suite 205	1	evaluation, management, and prescriptions by PNPs.
503-253-0964		ELIGIBILITY: Open, Non-denominational
www.nwcounseling.org		COST: Sliding Scale \$20-\$130
		Insurance: Insurance benefits varified by NWCCC
OHSU Psychiatry (adult)	U	Provides services to adult and geriatric patients, including comprehensive psychiatric
3181 SW Sam Jackson Park Road	1	evaluations, individual psychotherapy, medication management, coordination with primary
PDX 97239		care physicians, consultations to other providers, and referrals for hospitalization.
M-F 8-5		
503 494-6176		ELIGIBILITY: Adults
http://goo.gl/38jfj		COST: No sliding scale, Uninsured = 20% discount (initial eval is \$300 w/discount)
		INSURANCE: Care Oregon and private insurance, call for specific benefit verification
OHSU Psychiatry (child & adolescent)	U	Consultation, Diagnostic evaluation, Parent guidance (in conjunction with child's therapy),
Doernbecher Children's Hospital	1	Family therapy, medication management, Specialty treatment for mood disorders, anxiety
700 S.W. Campus Drive		disorders and ADHD
503 494-6176		ELIGIBILITY: 17 & younger
8:30am to 5pm M-F		COST: No sliding scale, Uninsured = 20% discount (initial eval is \$300 w/discount)
·		INSURANCE: Care Oregon, plus, healthSHARE, family care, Open card (PT has to live in Multnomah County)

OHSU Avel Gordly	U	Individual therapy, Group therapy/classes, Couples and family therapy, Psychiatric
Center for Healing	1	evaluation/medication management, Culturally based services, including Asian, African
		American services and LGBQT counseling, Substance use/DUI treatment, Adoption/adoptee
621 SW Alder St, suite 520		support
503 418-5311		ELIGIBILITY: Focus on African and African American, but are open to everyone
		COST: Sliding scale for uninsured Africans or African Americans living in Multnomah Co.
		INSURANCE: private insurance; will bill OHP/Cover Oregon-addiction treatment ONLY
OHSU Intercultural	U	The Intercultural Psychiatric Program (IPP) provides culturally sensitive mental health services
Psychiatry Program	1	for immigrant, refugee and ethnic communities. Medication management, individual and
		group therapy, skills training and support, case management. Focus on non-English speakers.
3633 SE 35th Place		Services offered in Spanish, Vietnamese, Arabic, Somali, Bosnian, Cambodian, and more.
503 494-4222 Intake line		
8am to 5pm M-F		ELIGIBILITY: Immigrant children and adults (ages 4-17 & 18 & up)
		COST: Fees are determinded by counselors
		INSURANCE: Call for specific benefit verificationdepends on situation
Old Town Recovery Center (CCC)		Individuals with severe mental illness; case management, counseling, addiction treatment, co-
33 NW Broadway	1	occurring disorder treatment, access to housing and eviction prevention, medication
503-294-1681		management and access to medical professionals.
		ELIGIBILITY: Accepting adults with Care Oregon
		COST: Must have Care Oregon, will not accept cash
		INSURANCE: Accepts Care Oregon, Family Care, and HealthSHARE
Pacific Psychology Clinic	U	Individual, family, child, and group therapy. Psychological assessments, child & adult ADHD
Pacific University	1	skills groups, consultation services after telephone interview. 2 hour intake interview. Men and
222 SE 8 th Ave Ste 212, Hillsboro		women who are survivors of sexual assault and are eligible for Oregon Crime Victim's
503-352-7333 Intake		Compensation Funds (CVF) for psychotherapy services (notify ahead of schedualing SART
1411 SW Morrison St., Suite 205		referrals). Spanish services available at Hillsboro location. Offer LGBT group counseling.
Portland, OR 97205		
503-352-2400 Intake		ELIGIBILITY: Open, all ages
Mon. Wed. Thur. 9am-9pm		COST: \$50 intake fee, sliding scale \$20-60
		INSURANCE: Call for available insurances. They will match the co-pay

Providence Behavioral Health Services 4805 NE Glisan, Portland 97213 Triage Line: 503-574-9235 or 1-800-716-5325	U	Individual and group counseling, medication prescriptions/management, eating disorder clinic, substance abuse inpatient/outpatient services. Uninsured may qualify for charity care and reduced cost when funds availablefor info about financial assistance call 503-215-4300. ELIGIBILITY: Ages 13 & up. COST: Some sliding scale or charity benefits available depending on income INSURANCE: Call for specific insurance benefit verification
Quest Center		Offers individual and/or group counseling, psych evaluation and assessment, medication
for Integrative Health 2901 E Burnside 503.238.5203 ext. 325 (ask for intake) http://www.quest-center.org/		monitoring, exercise/movement therapy, primary medical/wellness care with a holistic focus, naturopathic medicine, Chinese medicine, acupuncture, alcohol and drug addiction treatment, services for women living with breast cancer/survivors of the disease, HIV services, Diversion DUII Clinic (\$480 per month or Insurance).
M-Th 8AM-6PM F 8:30AM-5:30PM		ELIGIBILITY : 18+ for MH, focus on LGBQT & HIV COST : No sliding scale; Offers 25% discount for uninsured clients (Uninsured = Counsiling for \$135; Med.Management for \$525). Grants sometimes available for HIV+ people & as of 1/13/14 = LGBTQI specific.
		Insurance: All forms of Insurance accepted for mental health services. Intake Process: Must be engaged in their conseling <i>prior</i> to accessing medication management, plus be referred by the counselor.
Returning Veterans Resource Project NW	U	Offers <u>free</u> confidential therapy, acupuncture, and other health care services. Veterans and their families choose their own providers from a directory of counselors and health practitioners on the website. Go to website for provider referralshttp://www.returningveterans.org/providers/find. No medication management.
http://returningveterans.org/		ELIGIBILITY: Anyone who serverd in Iraq or Afghanistan since 2011 including families of veterans COST: NO FEES, providers volunteer services INSURANCE: N/A

counseling/		INSURANCE: Accepts Care Oregon and OHP
www.pdxqcenter.org/programs/community-		COST: Free to LGBTQ youth 18-23 yrs, sliding scale \$10 and up for youth 18-23, \$20 and up for
Blvd. W-F 9-5		ELIGIBILITY: Open to all who identify as LGBTQ
Cascadia: Garlington Center 3034 NE MLK		depression, self-esteem, and body image.
intake 503-674-7777		LGBQT people. Specialize in: Coming out, transitioning, gender affirmation, stress, anxiety,
Community Counseling		family counseling, and referral for other services. Counselors are highly trained to work with
Umbrella LGBTQ	U	Umbrella provides affordable services, assessments, individual counseling, group therapy,
		INSURANCE:
Open Mon-Saturday 9a.m9p.m.		COST: \$25 fee for interns and sliding scale fee for licensed practitioners.
150 SE 80th Ave. Portland, OR.		ELIGIBILITY: Serves clients 6 years old and older
503-257-7572		symptoms, eating disorders, abusive relationships, and anxiety.
Sunnyside Counseling Center:	U	Counseling in a "faith-friendly environment" for individuals experiencing depression, trauma
		Cost: Low Cost (range?) Insurance?
clinic/rivers-way-training-clinic/		Eligibility: No restrictions
http://www.processwork.org/rivers-way-		abuse, and anger/violence.
503-321-5127	ľ	issues, body symptoms, substance abuse, gender and sexuality concerns, social oppression,
2049 NW Hoyt Street	2	professionals. Open to individuals, couples, and families. Specialties include relationship
Rivers Way Training Clinic		Offer individual and group therapy by senior process therapy students supervised by
/rivers_way_professional_clinic		COST: Sliding scale fee \$40 - 80 based on income and number of dependents. INSURANCE: None.
http://processwork.org/resources/rivers way clinic		ELIGIBILITY: Take all Clients who can pay.
503 222-3436 main line		prescribe medication. Appts. usually available w/in 48 hrs.
503-321-5002 Intake		clinical psychologist. Open to new clients. Spanish speaking available. LGBTQ friendly. Does not
2049 NW Hoyt, Portland 97209		Work Institute in Portland. They are supervised by a process work diplomate and licensed
Rivers Way Professional Clinic	U	The professional clinic counselors hold masters degrees and the diploma from the Process

Western Psychological & Counseling	U	Child and adult, marital, couples, family, group & play therapy, medication
503-253-4600 (Portland location)	1	evaluation/management, psych. testing, drug & alchohol assessment/treatment, DUI
check website for additional locations:		assessments, ADD/ADHD, abuse/trauma survivors, depression, and more.
www.westernpsych.com/locations		ELIBIGILITY: Open to all
		COST: Sliding scale based on provider approval, limited availability to waive fees
		INSURANCE: Accepts Care Oregon
William Temple House:		Individual, family, and couples counseling. group classes, and professional training programs.
503-226-3021		NO anger management, court-mandated counseling, medication prescription or management,
	U	or psychiatric evaluations. No services offered in languages other than English. Often have a
		waiting list. Must first complete an application on-site (walk-in OK) Tues-Thurs 12-3 or 5-7pm.
2023 N.W. Hoyt Street		ELIGIBILITY: Open to all
2023 11111 110 ye oti eet		· ·
		COST: Fee waived if 19 & younger, sliding scale \$5-\$30 (no one is turned away for inability to
www.williamtemple.org		pay
Applications accepted onsite Tues-Thurs		
11-3 and 5-7.		
		INSURANCE: N/A
Wise Counsel and Comfort		Community of counselors who offer sliding scale fees to low-income clients. Counseling for
Multiple locations in Portland area	U	individuals, families, couples, and children/youth. Group therapy classes for abuse survivors,
503-282-0182	1	polyamorous relationships, ADD/ADHD, grief/loss. Call or search website for specific
www.portland-therapist.com		information on therapist specialties and fees.
		ELIGIBILITY: Varies by therapist
		COST: All providers offer sliding scale
		INSURANCE: Varies by therapist