

What should I consider if I have High/Medium Mental health concerns regarding a student

**Urgent Walk in Clinic
4212 SE Division
503 963 2575**

For same day mental health assessment
"Zoom Care for mental health"

Multco Crisis Line is always available for ANY level of consult

If a student has a parent/guardian with mental health concerns this is also a resource for adults

Multnomah County Call Center/Crisis Line

503 988 4888

The Crisis Line may connect a family to the below:

EASA

is an assessment & support program for youth 11-25 with early psychosis (hallucinations, delusions, paranoia, disorganized thoughts)
503-988-3272

Family Crisis Support

Stabilization Team (FCSS)
Can assist a family in getting connected to mental health supports & provide bridge service until that happens

Project Respond-

mobile mental health crisis response team for high acuity situations

If a student has Kaiser you can use the Multco Crisis Line but it may help to start here: Kaiser Crisis Line:503 331 6425
Kaiser Triage Line for faster appts: 503 249 3434

These are the #s of the social workers at the different places students experiencing mental health crisis may go. You can call and share collateral info of concern without a release during a mental health crisis and we HIGHLY encourage it.

Randall/Emanuel: (503) 276-6895

OHSU: (503) 494-7551

Adventist: (503) 251-6390

Providence/Willamette Falls: (503) 650-1488

Providence Portland: (503) 215-3119

Providence St Vincent's: (503) 675-2290

Kaiser triage line: (503) 249-3434

Cascadia Urgent Walk-in clinic: (503) 963-2575

What are additional community based mental health resources for students and families?

Multnomah County Student Health Centers and Benson Wellness Center.

These clinics typically serve all students K-12. Medical services for all insurances and uninsured. Mental health providers focus on students who are uninsured or have OHP- can see privately insured students on a case by case basis. Some providers are bilingual and/or bicultural.

Racial Equity Support line 503-575-3764 staffed by and for people of Color

Safe + Strong Helpline 800-923-4357 24-7 emotional support and resource referral- not just crisis

Common OHP Providers

(some accept other insurance as well)

Morrison- (503) 258-4381

Cascadia- (503) 674-7777

Lifeworks- (503) 645-9010

Lifescape- 503-253-4600

Trillium- (888) 333-6177

Care Coordination is available to families with OHP through **Care Oregon Regional Care Teams** and **Multco Intensive Care Coordination**

Culturally Responsive MH Providers:
African American MH Provider List
LGBTQ Mental Health Provider List
Mental Health Providers who are **People of Color.**

Wraparound Services

is an option for interested multi-system involved youth who have OHP insurance. Youth guided collaborative process that brings together the youth's formal and informal supports.

The Alba Collaborative is culturally-responsive partnership w early intervention, & 24/7/365 crisis line & supportive services to youth ages 9-17 who are at-risk of/experiencing housing instability.

Culturally Responsive Mental Health Organizations

Catholic Charities 503 235 5196 (English, Spanish, Arabic)

Conexiones: 503 327 8205 (Spanish and English)

SE Asian Health and Service Center 503 872 8822

(English, Cantonese, Taiwanese, Korean, Mandarin, Vietnamese)

Avel Gordly Center for Healing : 503 494 4745

(focus on culturally sensitive care for the African and African American community)

NARA: 971 279 4838 (Serving Native American/Alaskan Native youth)

OHSU Transgender Health Program: 503 494 7970

SMYRC: 503 872 9664 (serving LGBTQ youth)

General Community Resource Info

Private Insurance

Psychologytoday.com or **portlandtherapycenter.org** can assist families in finding a provider who take their insurance