

Portland Resources

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ADHD Counseling

Adults and Children

- Marigold Healing - (503) 738-1510
- Treehouse Counseling - (503) 743-0411
- Glynis M. Stafford - (503) 438-4371
- Dave Terletzky - (971) 832-5655
- Rebecca L. Sauer - (971) 407-5341
- Ana Cragolino - (503) 738-1283

Adults Only

- Andrea L. Erb - (503) 400-7417

- ❑ Sam Wilson - (458) 215-1636
- ❑ Melinda Harder - (503) 406-9078
- ❑ Julie Nelligan - (503) 757-3863
- ❑ Portland Psychological Assessment - (503) 897-1430
- ❑ Gregory Devore - (503) 738-1283
- ❑ Kathleen Kelley Psychiatric Nurse, PMHNP - (503) 967-9232

Crisis Lines

- ❑ [National Suicide Prevention Lifeline](#) **1-800-273-TALK (8255)**
24 hours a day / 7 days a week [Crisis Chat Line](#)
En español: 1-888-628-9454
TTY: 1-800-799-4TTY (4889)
- ❑ [YouthLine](#) **1-877-968-8491 OR Text teen2teen to 839863**
Offers teen to teen crisis help with both a phone line and a texting support line through Lines for Life. Teens respond from 4:00 to 10:00 PM Monday through Friday.
24 hours a day / 7 days a week
- ❑ [Veterans Crisis Line](#) **1-800-273-8255 and Press 1 OR Text to 838255**
Confidential help for veterans and their families.
- ❑ [The Trevor Project](#) **1-866-488-7386**
For lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people.
24 hours a day / 7 days a week
- ❑ [Friends For Survival, Inc.](#) **1-916-392-0664**
National support for survivors of suicide.

Evaluations ADHD

- ❑ [Mindsights](#) (503) 222-0707
- ❑ [Children's Program](#) (503) 452-8002
- ❑ [NW ADHD Treatment Center](#) (503) 255-2343

Intensive Outpatient and Inpatient Resources

- ❑ [Cedar Hills Hospital](#) (503) 944-5000
- ❑ [Madrone Recovery](#) (503) 749-0200
- ❑ [Providence Willamette Falls](#) (505) 574-9235
- ❑ [Trillium Children's Farm Home](#) (888) 333-6177
- ❑ [Unity Center for Behavioral Health](#) (503) 944-8000

Medication Management

- ❑ [Western Psychological and Counseling Services](#) - (503) 233-5405
- ❑ [LifeWorks NW](#) - (503) 645-9010
- ❑ Kathleen Kelley Psychiatric Nurse, PMHNP - (503) 967-9232
- ❑ OHSU Adult Psychiatry Clinic Referral Line: 503-494-6176

Oregon Health Plan - Low Cost Options

- ❑ Portland State University - 5037254620
- ❑ Lewis and Clark Community Counseling Center - 5037686320
- ❑ Pacific University (Portland Center) - 5033522400
- ❑ Pacific University (Hillsboro Center) - 5033527333
- ❑ Central City Concern - 5032287134
- ❑ Native American Resource - 5035480346
- ❑ William Temple House - 5032263021
- ❑ NAMI - 5032308009
- ❑ Multnomah County - 5039885558
- ❑ Columbia River Mental Health - 3609933000
- ❑ Cascadia Mental Health - 5036747777
- ❑ Wise Counsel and Comfort - 5032820182

Residential Treatment

- ❑ Madrona Recovery - Tigard OR (503) 749-0200