

Mental Health Services in Your Area



Resources in your community
that accept CareOregon
Insurance for Mental Health
Care.

Clinic	Services Offered	Locations	How to Contact
Lifeworks Northwest Visit Website	Inpatient and outpatient services, along with therapy and counseling for individuals and families	Multiple offices within the Multnomah County area	For intake at any location, call: (503) 645-9010
New Narrative Visit Website	Outpatient and residential mental health treatment, peer-to-peer support programs, and wellness services	SE Portland Tigard	For intake at any location, call: (503) 726-3742
Sprout Therapy Visit Website	Tailored therapy services for individuals, couples, and families	St. Johns North Tabor	For intake at any location, call: (971) 319-4827
Cascadia Behavioral Healthcare Visit Website	Mental health services, addiction recovery support, primary care, and wellness programs for people of all ages	Multiple offices within the Portland area	For intake at any location, call: (503) 674-7777
Morrison Child & Family Services Visit Website	Culturally responsive and trauma-informed programs including mental health treatment	Multiple offices within the Portland area	For intake at any location, call: (503) 258-4381

**LifeStance
Health**
[Visit Website](#)

Personalized outpatient
psychological and counseling
services

Multiple offices
throughout the
Tri-Counties
and Vancouver

Contact the clinic
individually

**Willamette
Health &
Wellness**
[Visit Website](#)

Psychiatric evaluations, individual
and group therapy, and medication
management for adults, families
and youth

NE Portland

Request appointment
via website

Call:
(503) 729-1380

**Portland Mental
Health and
Wellness**
[Visit Website](#)

Couples counseling and individual
therapy addressing anxiety,
depression, trauma, and more

Portland

Request appointment
via website

Puentes
[Visit Website](#)

Mental health counseling,
substance abuse, and DUI
treatment for Latino/a/e residents
of Multnomah County

Undisclosed,
visit website for
more
information

Call:
(503) 546-9975

**Avel Gordly
Center for
Healing**
[Visit Website](#)

Culturally sensitive care for the
African and African-American
community

Portland

Call:
(503) 418-5311