

Mental Health, Crisis Lines and Child Welfare Office Contacts

County	Mental Health Organization	General Access Number	Crisis Number	DHS Child Welfare Office
Baker	New Directions Northwest Inc.	541-523-7400	541-519-7126	541-523-6423
Benton	Benton County Behavioral Health	541-766-6835	888-232-7192	541-757-4121
Clackamas	Behavioral Health Division	503-742-5335	503-655-8585	503-731-3404 N. Clackamas 971-673-7200 Oregon City
Clatsop	Clatsop Behavioral Healthcare	503-325-5722	503-325-5724	503-325-9179
Columbia	Columbia Community Mental Health Inc.	503-397-5211	866-866-1427 (after hours)	503-397-3292
Coos	Coos Health & Wellness	541-266-6700	541-266-6800	541-756-5500
Crook	Crook County Mental Health	541-447-7441	541-323-5330	541-447-6207
Curry	Adapt Integrated Health Care	877-408-8941	877-519-9322	541-469-9299 Brookings 541-247-5437 Gold Beach
Deschutes	Deschutes County Behavioral Health	541-322-7500	541-322-7500 & 800-875-7364	541-388-6161 Bend 541-548-9480 Redmond
Douglas	Adapt Integrated Health Care	541-440-3532	800-866-9780	541-271-4851 Reedsport 541-440-3373 Roseburg
Gilliam	Community Counseling Solutions	541-676-9161 800-698-2392 warm line	911	541-641-6744
Grant	Community Counseling Solutions	541-676-9161 800-698-2392 warm line	911	541-575-0728
Harney	Symmetry Care	541-573-8376	541-573-8376	541-573-2086
Hood River	Mid-Columbia Center for Living	541-386-2620	888-877-9147 & 541-386-7534	541-386-2962
Jackson	Jackson County Mental Health	541-774-3333	988	541-776-6120
Jefferson	BestCare Treatment Services	541-475-6575	541-475-6575	541-475-2292
Josephine	Options for Southern Oregon	541-476-2373	541-474-5360	541-474-3120
Klamath	Klamath Basin Behavioral Health	541-883-1030	541-883-1030	541-883-5570
Lake	Lake District Wellness Center	541-947-6021	541-947-6021 & 877-456-2293	541-947-2273
Lane	Lane County Behavioral Health	541-682-3608	541-687-4000 (after hours)	541-686-7555 Eugene 541-726-6644 Springfield 541-686-7722 W. Eugene
Lincoln	Lincoln County Mental Health	541-574-5960 Newport 541-265-4196 Lincoln City 541-265-0522 Waldport	888-266-0288	541-265-8557



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Linn	Linn County Mental Health	541-967-3866 Albany 541-497-6205 541-451-5932 Lebanon 541-367-3888 Sweet Home	541-967-3866 & 800-304-7468	541-967-2060
Malheur	Lifeways	541-889-9167	541-889-9167	541-889-9194
Marion	Marion County Mental Health	503-588-5351 Salem Adult 503-588-5352 Salem Family 503-981-5851 Woodburn	503-576-4673 (8am-10pm)	503-378-6800
Morrow	Community Counseling Solutions	541-676-9161 800-698-2392 warm line	911	541-481-9482
Multnomah	Multnomah County Behavioral Health	503-988-5887	503-988-4888	971-673-6800 Alberta 971-673-2100 East County 503-674-3610 Gresham
Polk	Polk County Behavioral Health	503-623-9289 Dallas 503-400-3550 Monmouth 503-585-3012 W. Salem	503-623-9289 (business hours) 503-581-5535 & 800-560-5833 (after hours)	503-623-8118
Sherman	Mid-Columbia Center for Living	541-565-3149	888-877-9147 & 541-296-5452	541-641-6744
Tillamook	Tillamook Family Counseling Center	503-842-8201	503-842-8201 & 800-962-2851	503-842-5571
Umatilla	Community Counseling Solutions	541-676-9161 800-698-2392 warm line	866-343-4473	541-567-2253 Hermiston 541-276-9220 Pendleton
Union	Center for Human Development	541-962-8800	541-962-8800 Ext. 6	541-963-8571
Wallowa	Wallowa Valley Center for Wellness	541-426-4524	541-398-1175	541-426-4558
Wasco	Mid-Columbia Center for Living	541-296-5452	888-877-9147	541-298-5136
Washington	Washington County Behavioral Health	503-846-4528	503-291-9111	503-646-7234 Beaverton 503-648-8951 Hillsboro
Wheeler	Community Counseling Solutions	541-676-9161 800-698-2392 warm line	911	541-641-6744
Yamhill	Yamhill County General Behavioral Health	503-434-7523	844-842-8200	503-472-4634



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Parenting Support, Early Childhood and Family Services	
211info Parenting support, early childhood, and family services CALL: 211 or 1-866-698-6155 and listen for the “parenting” option TEXT: “children” or “ninos” to 898211 EMAIL: children@211info.org WEBSITE: https://www.211info.org/get-help/child-care-parenting/	Oregon Family to Family Health Information Center Children and youth with special health needs CALL: 855-323-6744 (English) 833-990-9930 (Español) EMAIL: contact@oregonfamilytofamily.org WEBSITE: https://www.ohsu.edu/oregon-family-to-family-health-information-center
Oregon and National Crisis Lines	
988 Suicide & Crisis Lifeline Available 24/7: suicide prevention and crisis resources for you or your loved ones CALL/TEXT: 988 (English & Español) CHAT: https://988lifeline.org/chat/#specialized_services (available to all, but especially useful for persons who are deaf or hard of hearing)	YouthLine Available 24/7: teen-to-teen crisis and help line Teens respond 4-10pm Monday-Friday CALL: 877-968-8491 TEXT: “teen2teen” to 839863
The Trevor Project Available 24/7: crisis intervention and suicide prevention for LGBTQ young people under 25 CALL: 866-488-7386 TEXT: “START” to 678678	Veterans Crisis Line Available 24/7: suicide prevention and crisis resources for you or your loved ones CALL/TEXT: 988 (English & Español) CHAT: https://988lifeline.org/chat/#specialized_services (available to all, but especially useful for persons who are deaf or hard of hearing)

