

*The Ainsworth UCC WISE Committee provides this resource list for anyone seeking additional resources for mental health wellness, awareness, and wholeness.*

Name	Phone	Address	Notes
<b>Crisis Lines/Services</b>			
<b>Alcohol &amp; Drug Hotline</b>	1-800-923-HELP(4357)	<a href="https://www.linesforlife.org/blog/bhsl/">https://www.linesforlife.org/blog/bhsl/</a>	Oregon behavioral health support line (screening, counseling, referrals, etc)
<b>Call To Safety (Portland Women's Crisis Line)</b>	503-235-5333 or 1-888-235-5333	<a href="https://calltosafety.org">https://calltosafety.org</a>	Formerly known as the Portland Women's Crisis Line
<b>Child Abuse Hotline (OR State)</b>	1-855-503-SAFE(7233)	<a href="https://www.oregon.gov/dhs/children/child-abuse/Pages/Reporting-Numbers.aspx">https://www.oregon.gov/dhs/children/child-abuse/Pages/Reporting-Numbers.aspx</a>	Report child abuse to the Oregon Child Abuse Hotline by calling 1-855-503-SAFE (7233).
<b>Clackamas County Crisis Line</b>	503-655-8585	<a href="http://www.clackamas.us/behavioralhealth/urgentmentalealth">www.clackamas.us/behavioralhealth/urgentmentalealth</a>	24/7 crisis and support line.
<b>Clark County (SW WA) Crisis Line</b>	360-696-9560 1-800-626-8137 TTY 866-835-2755	<a href="http://www.clark.wa.gov/community-services/clark-county-crisis-services">www.clark.wa.gov/community-services/clark-county-crisis-services</a>	24/7 behavioral health crisis services.
<b>Crisis TEXT Line</b>	Text HOME to 741741	<a href="https://www.crisistextline.org">https://www.crisistextline.org</a>	Trained crisis counselors for any crisis.
<b>Gateway Center for Domestic Violence Services</b>	503-988-6400	<a href="https://multco.us/dv">https://multco.us/dv</a> 10305 E Burnside Street. (Call first. No walk-ins during Covid-19)	Call M-F, 9:00 - 4:00. Legal Aid services, assistance with filing RO/SO, DHS, youth and teen counseling, culturally specific services, circuit court.
<b>Lines For Life (Suicide Prevention)</b>	1-800-273-8255	<a href="https://www.linesforlife.org">https://www.linesforlife.org</a>	National Suicide Prevention Lifeline
<b>Military Helpline</b>	1-888-457-4838 Text MIL1 to 839863	<a href="http://militaryhelpline.org/">http://militaryhelpline.org/</a>	for service members, Vets, families
<b>Multnomah County Crisis Line</b>	503-988-4888 1-800-716-9769	<a href="http://www.multco.us/mhas/mental-health-crisis-intervention">www.multco.us/mhas/mental-health-crisis-intervention</a>	Free 24/7 mental health support, information and referral, interpretation services,
<b>Racial Equity Support Line</b>	503-575-3764	<a href="https://www.linesforlife.org/racial-equity-support-line/">https://www.linesforlife.org/racial-equity-support-line/</a>	Support for impact of racist violence & microaggressions, immigration struggles, and cross-cultural issues.
<b>Senior Loneliness Line</b>	503-200-1633 or 1-800-282-7035	<a href="https://www.linesforlife.org">https://www.linesforlife.org</a>	Support for Seniors and older adults.
<b>Veteran's Crisis Line</b>	1-800-273-8255 press 1 or Text 838255 or Chat <a href="https://www.veteranscrisisline.net/get-help/chat">https://www.veteranscrisisline.net/get-help/chat</a>	<a href="https://www.veteranscrisisline.net">https://www.veteranscrisisline.net</a>	Confidential support for veterans in crisis and their families and friends.

<b>Washington County Crisis Line</b>	503-291-9111	<a href="https://www.co.washington.or.us/HHS/MentalHealth/GettingHelp/crisis-services.cfm">https://www.co.washington.or.us/HHS/MentalHealth/GettingHelp/crisis-services.cfm</a>	For Covid-19 Community Counseling Program call (503)846-4528
<b>Youthline</b>	1-877-968-8491 Text teen2teen 839863	<a href="https://oregonyouthline.org">https://oregonyouthline.org</a>	Teens available daily for teens (4 - 10pm), adults available all other hours. Phone, text, chat, email (Teen2Teen@LinesforLife.org)
<b>BIPOC Community Resources</b>			
<b>Asian Health &amp; Services Center</b>	503-872-8822	<a href="https://www.ahsccpdx.org">https://www.ahsccpdx.org</a>	Outpatient behavioral health clinic specializing in serving the Asian community.
<b>Avel Gordly Center For Healing</b>	503-494-4745	<a href="https://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/avel-gordly-center/index.cfm">https://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/avel-gordly-center/index.cfm</a>	Adult outpatient clinic offering culturally-specific services for clients identifying with African, African-American, & Southeast Asian cultures. Treats disorders including depression, anxiety, panic disorder, post-traumatic stress, bipolar & psychotic disorders, substance abuse / dependence, & gambling, etc.
<b>Black Mental Health Practitioners</b>		<a href="https://docs.google.com/document/d/1JRwffiWEyhVuS9LFotfvmE0zw54KUnupy6zCAzE-s0o/edit">https://docs.google.com/document/d/1JRwffiWEyhVuS9LFotfvmE0zw54KUnupy6zCAzE-s0o/edit</a>	Google doc listing of African American practitioners provided by Kenneth Burton, MA, CDP, CADCII (July 2020)
<b>Black Resilience Fund</b>	971-801-8951	<a href="https://www.blackresiliencefund.com/">https://www.blackresiliencefund.com/</a>	An emergency fund dedicated to healing and resilience by providing immediate resources to Black Portlanders.
<b>NAYA Native American Youth &amp; Family Center</b>	503-288-8177	<a href="https://nayapdx.org">https://nayapdx.org</a>	Education, community involvement, culturally specific programming.
<b>Racial Equity Support Line</b>	503-575-3764	<a href="https://www.linesforlife.org/racial-equity-support-line/">https://www.linesforlife.org/racial-equity-support-line/</a>	Support for impact of racist violence & microaggressions, immigration struggles, and cross-cultural issues.
<b>USAHello</b>		<a href="https://usahello.org">https://usahello.org</a>	An online center for information and education for refugees, asylum seekers, immigrants and welcoming communities.
<b>Radical Rest</b>		<a href="https://www.radicalrest.org/providers.html">https://www.radicalrest.org/providers.html</a>	A consortium of providers serving the community. It consists of mental and physical health practitioners. The goal is to focus on healing with traditional and non traditional approaches.
<b>BIPOC Psychiatrists</b>			
<b>Cynthia Fowler, MD</b>	503-953-4491	<a href="http://cynthiafowlermd.com/">http://cynthiafowlermd.com/</a>	Offers medication management and therapy
<b>Ajit Jetmalani, MD</b>	503-346-0640	<a href="https://www.ohsu.edu/providers/ajit-jetmalani-md">https://www.ohsu.edu/providers/ajit-jetmalani-md</a>	Child and adolescent psychiatry at OHSU
<b>Keith Johnson, MD</b>	503-606-6355	<a href="https://integrativemindpdx.com/">https://integrativemindpdx.com/</a>	A psychiatrist who provides services for adults looking for medication management

<b>Women / DV Resources</b>			
<b>Call To Safety</b>	503-235-5333 or 1-888-235-5333.	<a href="https://calltosafety.org">https://calltosafety.org</a>	Formerly known as the Portland Women's Crisis Line
<b>Gateway Center for Domestic Violence Services</b>	503-988-6400	<a href="https://multco.us/dv">https://multco.us/dv</a> 10305 E Burnside Street. (Call first. No walk-ins during Covid-19)	Call M-F, 9:00 - 4:00. Legal Aid services, assistance with filing RO/SO, DHS, youth and teen counseling, culturally specific services, circuit court.
<b>National Domestic Violence Hotline</b>	1-800-799-SAFE(7233)		General 24-hour domestic violence hotline.
<b>Proyecto UNICA</b>	503-232-4448	<a href="https://www.projectunica.org">https://www.projectunica.org</a>	Intervención de crisis para mujeres, apoyo emocional, información y referencias a otros servicios.
<b>Support/Info/Community</b>			
<b>National Alliance on Mental Illness (Oregon)</b>	503-230-8009	<a href="https://namior.org/resources/local-affiliates/">https://namior.org/resources/local-affiliates/</a>	Connect to local NAMI affiliates throughout Oregon, get information and resources on mental health / wellness.
<b>NAMI Multnomah County</b>	503-228-5692	<a href="https://www.namimultnomah.org/support">https://www.namimultnomah.org/support</a>	Click link to see pdf flyer about current support groups (updated January 2021): <a href="https://static1.squarespace.com/static/5d48762eccd21d00019cd9a3/t/5fff9e8119c87a0c7718d040/1610587778454/NAMI+Multnomah+Online+Programs+Flyer_Jan+2021.pdf">https://static1.squarespace.com/static/5d48762eccd21d00019cd9a3/t/5fff9e8119c87a0c7718d040/1610587778454/NAMI+Multnomah+Online+Programs+Flyer_Jan+2021.pdf</a>
<b>NAMI SW Washington</b>	360-695-2823	<a href="https://namiswwa.org">https://namiswwa.org</a>	Resources, support groups, education, advocacy, events, & more in SW Washington.
<b>Transgender Community</b>			
<b>Trans Lifeline</b>	877-565-8860	<a href="https://translifeline.org">https://translifeline.org</a>	Non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.
<b>Northwest Gender Alliance</b>		<a href="https://nwgenderalliance.org">https://nwgenderalliance.org</a>	Education, support, community building. A 2019 transgender resource guide can be found at: <a href="https://nwgenderalliance.org/wp-content/uploads/2019/02/Transgender-Companion.pdf">https://nwgenderalliance.org/wp-content/uploads/2019/02/Transgender-Companion.pdf</a>
<b>NetRippers Football Club</b>		<a href="https://www.netrippers.org">https://www.netrippers.org</a>	Portland's only LGBTQIA+ soccer club. netrippersoccer@gmail.com
<b>Youth</b>			



<p><b>Radical Rest</b></p>		<p><a href="https://www.radicalrest.org/providers.html">https://www.radicalrest.org/providers.html</a></p>	<p>Radical Rest understands that health has been defined under the lens of western white allopathic medicine. We seek to expand the definitions of health to include offerings of communal, holistic, natural, spiritual and traditional/indigenous medicine ways and to reclaim our ancestral knowledge of healing.</p>

*"The WISE Committee has not personally vetted each of the providers listed, and recommends that due diligence be done when choosing a provider. A relationship with a mental health professional is individual and personal, so you may need to try more than one before finding a good fit."*

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