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	
Crisis Lines/Services				
Alcohol & Drug Hotline	1-800-923-HELP(4357)	https://www.linesforlife. org/blog/bhsl/	Oregon behavioral health support line (screening, counseling, referrals, etc)	
Call To Safety (Portland Women's Crisis Line)	503-235-5333 or 1-888- 235-5333	https://calltosafety.org	Formerly known as the Portland Women's Crisis Line	
Child Abuse Hotline (OR State)	1-855-503-SAFE(7233)	https://www.oregon. gov/dhs/children/child- abuse/Pages/Reporting-Numbers. aspx	Report child abuse to the Oregon Child Abuse Hotline by calling 1- 855-503-SAFE (7233).	
Clackamas County Crisis Line	503-655-8585	www.clackamas. us/behavioralhealth/urgentmentalh ealth	24/7 crisis and support line.	
Clark County (SW WA) Crisis Line	360-696-9560 1-800- 626-8137 TTY 866- 835-2755 www.clark.wa.gov/community- services/clark-county-crisis- services		24/7 behavioral health crisis services.	
Crisis TEXT Line	Text HOME to 741741	https://www.crisistextline.org	Trained crisis counselors for any crisis.	
Gateway Center for Domestic Violence Services	503-988-6400	https://multco.us/dv 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.	
Lines For Life (Suicide Prevention)	1-800-273-8255	https://www.linesforlife.org	National Suicide Prevention Lifeline	
Military Helpline	1-888-457-4838 Text MIL1 to 839863	http://militaryhelpline.org/	for service members,Vets, families	
Multnomah County Crisis Line	503-988-4888 1-800- 716-9769	www.multco.us/mhas/mental- health-crisis-intervention	Free 24/7 mental health support, information and referral, interpretation services,	
Racial Equity Support Line	503-575-3764	https://www.linesforlife.org/racial- equity-support-line/	Support for impact of racist violence & microaggressions, immigration struggles, and cross-cultural issues	
Senior Loneliness Line	503-200-1633 or 1-800- 282-7035	https://www.linesforlife.org	Support for Seniors and older adults.	
Veteran's Crisis Line  1-800-273-8255 press1  or Text 838255 or Chat <a href="https://www.veteranscrisisline.">https://www.veteranscrisisline.</a> net/get-help/chat		https://www.veteranscrisisline.net	Confidential support for veterans in crisis and there families and friends.	

Washington County Crisis Line	503-291-9111	https://www.co.washington.or. us/HHS/MentalHealth/GettingHelp/ crisis-services.cfm	For Covid-19 Community Counseling Program call (503)846- 4528  Teens available daily for teens (4 - 10pm), adults available all other hours. Phone, text, chat, email (Teen2Teen@LinesforLife.org)	
Youthline	1-877-968-8491 Text teen2teen 839863	https://oregonyouthline.org		
BIPOC Community Resources				
Asian Health & Services Center	503-872-8822	https://www.ahscpdx.org	Outpatient behavioral health clinic specializing in serving the Asian community.	
Avel Gordly Center For Healing	503-494-4745	https://www.ohsu. edu/xd/education/schools/school- of-medicine/departments/clinical- departments/psychiatry/divisions- and-clinics/avel-gordly- center/index.cfm	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.	
Black Mental Health Practitioners		https://docs.google. com/document/d/1JRwffiWEyhVu S9LFotfvmE0zw54KUnupy6zCAz E-s0o/edit	Google doc listing of African American practicioners provided by Kenneth Burton, MA, CDP, CADCII (July 2020)	
Black Resilience Fund	971-801-8951	https://www.blackresiliencefund.com/	An emergency fund dedicated to healing and resilience by providing immediate resources to Black Portlanders.	
NAYA Native American Youth & Family Center	503-288-8177	https://nayapdx.org	Education, community involvement, culturally specific programming.	
Racial Equity Support Line	503-575-3764	https://www.linesforlife.org/racial- equity-support-line/	Support for impact of racist violence & microaggressions, immigration struggles, and cross-cultural issues.	
USAHello		https://usahello.org	An online center for information and education for refugees, asylum seekers, immigrants and welcoming communities.	
Radical Rest		https://www.radicalrest. org/providers.html	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.	
BIPOC Psychiatrists				
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Cynthia Fowler, MD	503-953-4491	http://cynthiafowlermd.com/	Offers medication management and therapy	
Ajit Jetmelani, MD	503-346-0640	https://www.ohsu. edu/providers/ajit-jetmalani-md	Child and adolescent psychiatry at OHSU	
<b>Ceith Johnson, MD</b> 503-606-6355		https://integrativemindpdx.com/	A psychiatrist who provides services for adults looking for medication management	

Women / DV Resources			
Call To Safety	503-235-5333 or 1-888- 235-5333.	https://calltosafety.org	Formerly known as the Portland Women's Crisis Line
Gateway Center for Domestic Violence Services	503-988-6400	https://multco.us/dv 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.
National Domestic Violence Hotline	1-800-799-SAFE(7233)		General 24-hour domestic violence hotline.
Proyecto UNICA	503-232-4448	https://www.projectunica.org	Intervención de crisis para mujeres, apoyo emocional, información y referencias a otros servicios.
Support/Info/Community			
National Alliance on Mental Illness (Oregon)	503-230-8009	https://namior.org/resources/local-affiliates/	Connect to local NAMI affiliates throughout Oregon, get information and resources on mental health / wellness.
NAMI Multnomah County	503-228-5692	https://www.namimultnomah. org/support	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>
NAMI SW Washington	360-695-2823	https://namiswwa.org	Resources, support groups, education, advocacy, events, & more in SW Washington.
Transgender Community			
Transgender community			
Trans Lifeline	877-565-8860	https://translifeline.org	Non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.
Northwest Gender Alliance		https://nwgenderalliance.org	Education, support, community building. A 2019 transgender resource guide can be found at: https://nwgenderalliance.org/wpcontent/uploads/2019/02/Transgender-Companion.pdf
NetRippers Football Club		https://www.netrippers.org	Portland's only LGBTQIA+ soccer club. netripperssoccer@gmail.com
Youth			

YOUTHLINE (LinesForLife)	1-877-968-8491 Text teen2teen 839863	https://oregonyouthline.org	Teens available daily for teens (4 - 10pm), adults available all other hours. Phone, text, chat, email (Teen2Teen@LinesforLife.org)	
New Avenues For Youth	Access/Reception Ctr 503-432-3986 (day) 503-380-7200 (night - Porchlight Shelter)	https://newavenues.org/our- services	Drop-in Day Services, counseling, education, supportive housing, & more. Collaboration with other agencies.	
Outside In	503-535-3860	https://outsidein.org/health- services/. 1132 SW 13th Ave. 97205, 16144 E. Burnside St. 97233, 8800 SE 80th Ave. 97206 (Call for hours or check website)	Primary care, disease management, HIV/STI testing, reproductive healthcare, mental health treatment, and transgender care. Pharmacy, needle exchange, tattoo removal.	
SMYRC (Sexual & Gender Minority Youth Resource Center)	503-872-9664	http://smyrc.org. 1220 SW Columbia St., 17199 SE Division St. Instagram: @smyrcpdx	A safe space for gender & sexual minority youth, ages 13-23. During Covid: Virtual check-ins & support groups, food boxes, hygiene kits, clothing closet appts, resource referrals,	
The Trevor Project	Text START to 678678 or call TrevorLifeLine 866-488-7386	https://www.thetrevorproject.org/	Supporting LGBTQiA+ youth.	
Youth Era	971-334-9295 (M-F)	https://www.youthera.org/virtual- support.	Offers several ways for youth and young adults to meet online, get support and talk through life.	
OHSU Child and adolsescent Psychiatry		https://www.ohsu.edu/school-of- medicine/child-and-adolescent- psychiatry		
Search Engines for Finding specific clinicans by personalized criteria				
Good Therapy		https://www.goodtherapy.org/		
Open Path Psychotherapy Collective		https://openpathcollective.org/	Dedicated to affordable therapy with an emphasis on diversity equity and inclusion	
Psychology Today		https://www.psychologytoday. com/us		
Search Engines for BIPOC + LGBTQIA clients				
BIPOC psychiatrists and Psychiatric Nurse Practitioners		https://www.psychologytoday. com/us/psychiatrists/bipoc/or/portl and		
Portland BIPOC therapists as listed in Psychology Today		https://www.psychologytoday. com/us/therapists/bipoc/or/portlan d		
Inclusive Therapists		https://www.inclusivetherapists.com/  Mission Statement: All id all bodies deserve equal affirming, culturally response.		

Radical Rest	https://www.radicalrest. org/providers.html	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.

<sup>&</sup>quot;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."

The Ainsworth UCC W.I.S.E. Committee has compiled this resource list as a tool for anyone who is seeking additional resources for Mental Health wellness, awareness, and wholeness.