

This month's spotlight: Community Resources

Here is some information on a few agencies that provide useful services to children and families in Multnomah County. Please contact each specific agency for more information on the specific services that they provide

Community Based Mental Health Service Agencies that accept the Oregon Health Plan:

- **Trillium Family Services:** 503-234-9591
<http://www.trilliumfamily.org/>
- **Morrison Child and Family Services:** 503-258-4381
<http://www.morrisonkids.org/>
- **Lifeworks NW:** 503-645-9010
<http://www.lifeworksnw.org/>
- **Albertina Kerr Centers:** 503-408-4705
<http://www.albertinakerr.org/>
- **Cascadia Behavioral Healthcare:** 503-238-0769
<http://www.cascadiabhc.org/>

The **Multnomah County Crisis Line** is a 24 hour a day helpline that can provide support during mental health crises as well as help finding mental health resources. 503-988-4888 A great place to start when looking for any resource (mental health related or not) is by calling **211** or by visiting their website at: <http://211info.org/>

Other organizations that serve young people:

- **The Youthline** – a 24 hour crisis, counseling, and referral line for youth: 1-877-YOUTH-911 (this is one of my favorite resources for teens)
<http://oregonyouthline.org/>
- **The Dougy Center** – support for grieving youth and families: 503-775-5683
<http://www.dougy.org/>
- **Janus Youth Programs** – a wide variety of services for young people that include services for runaway and homeless youth: 503-233-6090
<http://www.janusyouth.org>
- **SMYRC (Sexual Minority Youth Resource Center)** – services and resources for LGBTQ (lesbian, gay, bi-sexual, transgender and questioning) youth: 503-872-9664
<http://www.smyrc.org/>
- **Portland Women's Crisis Line** – 24 hour support and resources for survivors of domestic violence and sexual assault: 503-235-5333
<http://pwcl.org/>

These are just a few of the many resources available to young people and their families in our community. If you would like information related to a specific resource and/or if you have any mental health questions or topics you would like to see addressed through this column, feel free to email me at sbancroft@rsd7.net