

Salem Clinic Behavioral Health Resource Guide



Mental Health Counseling and Medication Management Services for: Pacific Source Community Solutions or OHP

Oregon Health Plan	Agency	Number	Details	
Pacific Source Community Solutions	Arise Counseling	(541) 321-2278	<ul style="list-style-type: none"> All Ages BIPOC 	
	New Perspectives Center	(503) 316-6770	<ul style="list-style-type: none"> All Ages Offers Medication Management 	
	Valley Mental Health	(503) 589-4046	<ul style="list-style-type: none"> Medication Management All Ages 	
	Northwest Counseling and Wellness	(971) 227-9808	<ul style="list-style-type: none"> All Ages Offers skills training & groups, individual therapy 	
	Marion County Behavioral Health (must live in Marion Co.)	Adult (503)588-5351	<ul style="list-style-type: none"> Case Management Housing, Legal, Transport 	
	Adult Behavioral Health and Children’s Behavioral Health	Children (503)588-5352	<ul style="list-style-type: none"> Medication Management Skills training & groups, therapy Adults & Youth 	
	Polk County Behavioral Health	Dallas	(503) 623-9289	<ul style="list-style-type: none"> Case Management therapy Medication Management
		Monmouth	(503) 400-3550	<ul style="list-style-type: none"> Adults & Youth DUII Program
		West Salem	(503) 585-3012	<ul style="list-style-type: none"> Gambling treatment services
	Options Counseling			<ul style="list-style-type: none"> Medication Management
Beaverton	(503) 352-3260		<ul style="list-style-type: none"> Adults & Youth 	
South Salem	(503) 951-6280		<ul style="list-style-type: none"> Individual & Family Therapy 	
North Salem	(503) 390-5637		<ul style="list-style-type: none"> Spanish AFFIRM groups 	
JD Health and Wellness	(503) 877-1995		<ul style="list-style-type: none"> DMAP Insurance/OHP All ages Medication Management 	

Marion County Psychiatric Crisis Center 24/hr walk-in (503) 585-4949 1118 Oak St. SE, Salem, OR	National Suicide Prevention Lifeline call 988 or 1-800-273-TALK (8255) En Español: 1 (888) 628-9454	Veterans Crisis Line 988 then Press #1 Text to 838255	Youth Line 1 (877) 968-8491 Text: teen2teen to 839863
--	--	--	---

Mental Health Counseling and Medication Management Services for:

Commercial Insurance Providers

	Agency	Number	Details
Commercial Insurances	Mid Valley Counseling center	(503) 364-6093	<ul style="list-style-type: none"> • Offers medication management • Adults & Youth • Takes Medicare
	Riverfront Mental Health, LLC	(503) 383-1248	<ul style="list-style-type: none"> • Individual, couples, & family therapy • Grief and loss
	Stronger Oregon	(541) 900-4285	<ul style="list-style-type: none"> • All Ages • Anxiety, Depression, & Trauma • Telehealth, In office, In school, Hybrid
	NW Mind- Body Wellness	(503) 707-1950	<ul style="list-style-type: none"> • Medication Management • All Ages • Depression, ADHD, Anxiety, & PTSD • Takes Medicare
	Thrive Works – Salem, OR	(971) 253-7469	<ul style="list-style-type: none"> • Psychiatric and Medication Services • Child, Individual, and Marriage Counseling
	Integrated Youth	(503) 339-7355	<ul style="list-style-type: none"> • Children, Teens, & Young Adults • Medication Management
	Best Mind Behavioral Health	(971) 300-0654	<ul style="list-style-type: none"> • Medication Management • Alternative therapies
	Salem Pastoral Counseling	(503) 370-8050	<ul style="list-style-type: none"> • Licensed and qualified therapists provide faith-based and non-faith based counseling
	Triskelion	(503) 581-7700	<ul style="list-style-type: none"> • 12 years and up • Medication Management • Counseling • Alternative therapies
	Salem Psychiatric Associates	(503) 362-1999	<ul style="list-style-type: none"> • Medication Management
Well Life Medicine	(971) 301-4411	<ul style="list-style-type: none"> • Medication Management • Counseling and Therapy • Integrative Medicine • Medical Weight Loss 	
Valueris Psychiatric Services	(503) 389-1500	<ul style="list-style-type: none"> • Telehealth Medication Management services 	
Arise Counseling	(541) 321-2278	<ul style="list-style-type: none"> • All ages • BIPOC 	

TIP:
Ask to be put on the waiting list if they have one! This could open a door later on.



Marion County Psychiatric Crisis Center
 24/hr walk-in (503) 585-4949
 1118 Oak St. Salem



National Suicide Prevention Lifeline call 988 or
 1-800-273-TALK (8255)
 EnEspañol: 1 (888) 628-9454



Veterans Crisis Line
 988 then Press #1
 Text to 838255



YouthLine
 1 (877) 968-8491
 Text: teen2teen to 839863

Substance Use and Behavioral Health Resources

Substance Abuse & Mental Health Provider (s)

Agency	Number	Details
Bridgeway Recovery Services	Main: (503) 363-2021 Detox: (503) 399-5597	<ul style="list-style-type: none"> • Ages 13 and above • Co-occurring both Mental Health and Substance concerns • Detox Center
Center for Addiction and Counseling Services	(503) 584-1906	<ul style="list-style-type: none"> • Ages 14 and above • Co-occurring both Mental Health and Substance concerns
Creekside Counseling	(503) 371-4160	<ul style="list-style-type: none"> • Licensed outpatient drug and alcohol treatment center • Individual counseling
Marion County Health and Human Services	(503) 588-5358	<ul style="list-style-type: none"> • Outpatient Alcohol & Drug and Medication Assisted Treatment Service • Parent-child reunification • Mentor services
Oregon Recovery Behavioral Health	(503) 304-4358	<ul style="list-style-type: none"> • DUII Treatment; SUBOXONE Treatment Services; Individual counseling; Group counseling
Polk County Behavioral Health/Addiction Services	(503) 623-9289	<ul style="list-style-type: none"> • Services are for youth and adults. Services are available in English and Spanish.
Salem Comprehensive Treatment Center	(888) 720-0599	<ul style="list-style-type: none"> • A methadone and Suboxone clinic providing medication-assisted therapy • Buprenorphine maintenance • OP Detox • Accepts most insurance types
Serenity Lane Treatment Center	Salem: (503) 588-2804 General: (541) 262-0633 (541) 399-8943	<ul style="list-style-type: none"> • Inpatient and Outpatient treatment • Detox • Residential • DUII services

TIP:

A journey of a thousand miles begins with one small step.

Al Anon & Alateen
(503) 370-7363
salemareaalanon.org

Oregon Alcohol Helpline
1 (800) 923-HELP (4357)
(503) 399-0599

VA Portland Health Care System
Substance Abuse Treatment Program (SATP)
(503) 220-8262, ext 31841
(360) 696-4061, ext 31841

State of Oregon Addictions and Mental Health Services
Find addiction and mental health services:
(503) 945-5763

Psychiatric Crisis Center

24/7 Walk-in Crisis Center
1118 Oak St. Salem
Call (503) 585-4949

Military Helpline

For service members, veterans
and their families.
Call **988** press #1

Veterans Crisis Line

For veterans and those who care
about them.
Call **988**, press 1
Text 839863

Trans Lifeline

Trans-led community support
and resources.
Call (877) 565-8860

Friends For Survival, Inc.

National support for survivors
of suicide
(916) 392-0664

The Trevor Project

Life-saving community programs
and services for LGBTQIA+
youth.
Call (866) 488-7386
Text: "START" to 678-678

Racial Equity Support Line

A peer support line for anyone
impacted by racism.
Call (503) 575-3764

**National Support for Survivors
of Suicide**

Call or Text **988**

David Romprey Warmline

For peer-to-peer and community
counseling support.
Available Mon-Sun 9a - 11p.
Call (800) 698-2392

Call to Safety

For domestic and sexual violence
support
Call (800) 799-7233 or
Text: "START" to 88788

Dial 988 Suicide & Crisis Lifeline

24/7 access to trained counselors.
Suicide, Self-Harm, Substance
Abuse and Behavioral Health Crisis.
Call for yourself or a loved one.
Services in English, Spanish, and
other languages.

Free Crisis Text Line

A trained crisis counselor will text
back 24/7.
Text: "HOME" to 741741

Senior Loneliness Line

For seniors seeking support.
Call (503) 200-1633

Reach Out Oregon

For peer-to-peer support for
parents and families.
Available Mon-Fri, 12pm - 7pm
(except holidays).
Call (833) 732-2467

We Can All Prevent Suicide:

Know the Warning Signs

Some warning signs may help you
determine if a loved one is at risk
for suicide, especially if the
behavior is new, has increased, or
seems related to a painful event,
loss, or change. If you or someone
you know exhibits any of these,
seek help by calling the 988
Lifeline.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings