

Salem Clinic Behavioral Health Resource Guide



Mental Health Counseling and Medication Management Services for: Oregon Health Plan

	Agency	Number	Details
Pacific Source Community Solutions	Arise Counseling	(541) 321-2278	<ul style="list-style-type: none"> All Ages Offers Therapy BIPOC
	Brightways Counseling Group	(503) 953-0310	<ul style="list-style-type: none"> All Ages Offers Medication Management & Therapy Locations in Salem & Woodburn
	Coordinated Counseling	English: (503) 450-9900 Spanish: (503) 450-9901	<ul style="list-style-type: none"> All Ages Therapy for Children, Adults, & Veterans Telehealth Accepts Medicare
	EuHealth Psychiatry & Mental Wellness	(503) 395-8614	<ul style="list-style-type: none"> Adults & Teens Offers Medication Management with therapy Can offer services in Spanish, Arabic, Pular Fuuta Jallon, & Wolof
	JD Health and Wellness	(503) 877-1995	<ul style="list-style-type: none"> All Ages Offers Medication Management, Therapy, & Neurofeedback Therapy Telehealth primarily
	Marion County Behavioral Health (must live in Marion Co.) Adult Behavioral Health and Children's Behavioral Health	Intake #: (503) 576-4676	<ul style="list-style-type: none"> Adults & Youth Restricted availability for serious & persistent mental health concerns and services Case Management Housing, Legal, Transport Offers Medication Management Skills Training & Groups, Therapy
	New Perspectives Center	(503) 316-6770	<ul style="list-style-type: none"> All Ages Offers Medication Management & Therapy
	Northwest Counseling and Wellness	(971) 227-9808	<ul style="list-style-type: none"> All Ages Offers Skills Training & Groups, Individual Therapy

Options Counseling South Salem (Adults) North Salem (Youth)	(503) 951-6280 (503) 390-5637	<ul style="list-style-type: none"> ▪ Adults & Youth ▪ Offers Medication Management ▪ Individual & Family Therapy ▪ AFFIRM groups
Oak Valley Counseling	(503) 991-2494	<ul style="list-style-type: none"> ▪ Individual, Couples, & Family Counseling ▪ Grief and Loss
Polk County Behavioral Health www.co.polk.or.us/bh	Dallas: (503) 623-9289 Monmouth: (503) 400-3550 West Salem: (503) 585-3012	<ul style="list-style-type: none"> ▪ Adults & Youth ▪ Polk County residents only ▪ Case Management therapy ▪ Offers Medication Management ▪ DUI Program ▪ Gambling treatment services ▪ Rapid access to services—Go to website & complete registration
Sapphire Blue Solutions	(503) 726-5216	<ul style="list-style-type: none"> ▪ Adults & Youth ▪ Offers Therapy
Stronger Oregon	(541) 900-4285	<ul style="list-style-type: none"> ▪ All Ages ▪ Offers Therapy ▪ Treatment at schools program ▪ Telehealth primarily ▪ Accepts Medicare
Valley Mental Health	(503) 589-4046	<ul style="list-style-type: none"> ▪ All Ages ▪ Offers Medication Management & Therapy
Willamette Wellness Center	(503) 404-3637	<ul style="list-style-type: none"> ▪ 14+ years old and up ▪ Offers Therapy—Individuals & Couples ▪ Telehealth ▪ BIPOC
Zendo Health Oregon (formerly Oregon Directions)	(541) 818-0009	<ul style="list-style-type: none"> ▪ Children & Adults ▪ Offers Therapy ▪ Accepts Medicaid & Medicare

Additional PacificSource Community Solutions Resources:

Member Support Specialists: (888) 970-2507

8:00am-5:00pm

Behavioral Health Navigation Team Line: (458) 240-8018

24-hr Nurse Line: (855) 834-6150

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

**National Suicide Prevention
Lifeline**
Call or Text 988
Available 24/7, free and
confidential support

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	Arise Counseling	(541) 321-2278	<ul style="list-style-type: none"> • All Ages • Offers Therapy • BIPOC
	Best Mind Behavioral Health	(971) 300-0654	<ul style="list-style-type: none"> • Adults • Offers Medication Management • Alternative Therapies • ADHD Testing • Accepts Medicare
	Centered Psychiatry	(503) 487-5859	<ul style="list-style-type: none"> • Teens & Adults—10+ years old and up • Offers Medication Management & Therapy • Integrative Psychiatric Care
TIP: <i>Ask to be put on the waiting list if they have one! This could open a door later on.</i>	Compassionate Comfort Counseling	(503) 479-2888	<ul style="list-style-type: none"> • Adults & Youth • Offers Individual, Couple, & Family Counseling
	EuHealth Psychiatry & Mental Wellness	(503) 395-8614	<ul style="list-style-type: none"> • Adults & Teens • Offers Medication Management with Therapy • Can offer services in Spanish, Arabic, Pular Fuuta Jallon, & Wolof
	Integrated Youthcare	Salem: (503) 339-7355 Corvallis: (541) 230-1630	<ul style="list-style-type: none"> • Children, Teens, & Young Adults • Offers Medication Management & Therapy
	Mid Valley Counseling Center	(503) 364-6093	<ul style="list-style-type: none"> • Adults & Youth • Offers Medication Management & Therapy • Accepts Medicare
	NeuStart Psychiatry	(503) 379-1902	<ul style="list-style-type: none"> • All Ages • Offers Medication Management • TMS Services • Neuro Psychological & Psychological Assessments
	Oak Valley Counseling	(503) 991-2494	<ul style="list-style-type: none"> • All Ages • Individual, Couples, & Family Counseling • Grief and Loss
	Salem Pastoral Counseling	(503) 370-8050	<ul style="list-style-type: none"> • Licensed and Qualified Therapists providing Faith-based and Non-faith based Counseling for Individuals, Couples, Families, & Children • Accepts Medicare
	Stronger Oregon	(541) 900-4285	<ul style="list-style-type: none"> • All Ages • Offers Therapy • Anxiety, Depression, & Trauma • Telehealth, In office, In school, Hybrid

Thriveworks – Salem, OR	(971) 253-7469	<ul style="list-style-type: none"> • Child, Individual, & Marriage Counseling
Triskelion	(503) 581-7700	<ul style="list-style-type: none"> • 12+ years old and up • Offers Medication Management & Therapy • Alternative Therapies
ValueCore Mental Health	(503) 389-1500	<ul style="list-style-type: none"> • Ages 5– 64 years old • Offers Medication Management & Therapy • Telehealth primarily
Well Life Medicine	(971) 301-4411	<ul style="list-style-type: none"> • All Ages—7+ years old and up • Offers Medication Management • Integrative Medicine • Medical Weight Loss • Takes Medicare • Telehealth

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Lifeline**

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confidential support

Veterans Crisis Line

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YouthLine

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Substance Use and Behavioral Health Resources

Substance Use & Mental Health Provider(s)	Agency	Number	Details
TIP: <i>A journey of a thousand miles begins with one small step.</i>	Amazing Treatment	(503) 363-6103	<ul style="list-style-type: none"> • Adult Outpatient Treatment • DUI Treatment • SUBOXONE Treatment Services
	Bridgeway Community Health (formerly Bridgeway Recovery)	Main: (503) 363-2021 Detox: (503) 399-5597	<ul style="list-style-type: none"> • Ages 13+ years old and up • Co-Occurring, both Mental Health and Substance Concerns • Detox Center • Offers Dental & Primary Care services
	Cedar Hills Hospital & Outpatient Services Portland, OR	Hospital: (503) 594-4700 Outpatient: (971) 306-8189	<ul style="list-style-type: none"> • Mental Health & Substance Abuse Treatment for Adults • Inpatient, Partial Hospitalization, & Intensive Outpatient • Accepts Medicare
	Center for Addiction and Counseling Services	(503) 584-1906	<ul style="list-style-type: none"> • Ages 14+ years old and up • Co-occurring, both Mental Health and Substance concerns
	Creekside Counseling	(503) 371-4160	<ul style="list-style-type: none"> • All Ages • Licensed Outpatient Alcohol & Drug Treatment Center • DUI Treatment • Individual & Group Counseling
	Hooper Detoxification Stabilization Center Portland, OR	(503) 238-2067	<ul style="list-style-type: none"> • Adult Inpatient & Outpatient Services • Accepts Medicare
	Innervision Health Services	(971) 443-0094	<ul style="list-style-type: none"> • Adult Outpatient Drug & Alcohol Support Center • Medication Management & Therapy • Medication Assisted Therapy • Integrated Treatment Services • Recovery Support Services
	Marion County Health and Human Services / Addiction Treatment Services	(503) 588-5358	<ul style="list-style-type: none"> • Outpatient Alcohol & Drug and Medication Assisted Treatment Service • Parent-child reunification • Mentor services
	Madrona Recovery Tigard, OR	(503) 749-0200	<ul style="list-style-type: none"> • Ages 13-17 years old • Short-term, Residential Program • Co-occurring services, both Mental health & Substance concerns

Oregon Recovery Behavioral Health	(503) 304-4358	<ul style="list-style-type: none"> • DUII Treatment • SUBOXONE Treatment Services • 24/7 Crisis Management • Individual, Youth, Family, & Group Counseling
Polk County Behavioral Health / Addiction Services	General: (503) 623-9289	<ul style="list-style-type: none"> • Youth & Adult services • Peer Support services • Services available in English & Spanish
Behavioral Health Resource Network (BHRN):	24/7 Support Line: (503) 623-1709	<ul style="list-style-type: none"> • Polk County Residents <u>ONLY</u>
Salem Comprehensive Treatment Center	(844) 712-9061	<ul style="list-style-type: none"> • A Methadone and Suboxone clinic providing Medication-Assisted Therapy • Buprenorphine maintenance • Outpatient Detox • Accepts most insurance types
Serenity Lane Treatment Center	Salem: (503) 588-2804 General: (800) 543-9905	<ul style="list-style-type: none"> • Inpatient and Outpatient treatment • Detox • Residential • DUII services
StepOne Service at Willamette Valley Medical Center <i>McMinnville, OR</i>	(503) 208-6393	<ul style="list-style-type: none"> • Adult Inpatient Medical Detox • Hospital-based, 3-5 day Acute Withdrawal Management service • Accepts Medicare & Medicaid

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

Oregon Problem Gambling Helpline
(877) 695-4648 **English**
(844) 888-2537 **Spanish**
Available 24/7, free and confidential referral and info service for individuals and loved ones facing gambling related issues in Oregon.

Text (503) 713-6000
Mon-Fri, 9 am-9 pm

Oregon Alcohol & Substance Helpline
1 (800) 923-HELP (4357)

Willamette Valley AA
(Alcoholics Anonymous)
(503) 399-0599
Available 24/7

VA Portland Health Care System
Substance Abuse Treatment Program (SATP)
(503) 220-8262, ext 31841
(503) 273-5187, *Mental Health #*

SAMHSA's National Helpline
1 (800) 662-HELP (4357)
Available 24/7, free and confidential treatment referral and info service for individuals and family members facing mental and/or substance use disorders. *English & Spanish.*

SAMHSA's Disaster Distress Helpline
1 (800) 985-5990
Available 24/7, crisis counseling for those experiencing emotional distress related to natural or human-caused disaster.
Multilingual.

Crisis Information and Resources

If you think someone is in danger or is being hurt, call **911** immediately!

If you or a loved one is in crisis, experiencing suicidal thoughts, or needing someone to talk to, call or text **988**. Support is available 24/7 in English and other languages.

Psychiatric Crisis Center

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

Military Helpline

For service members, veterans and their families.

Call **988**, press 1

Lines for Life Military Helpline

1 (888) 457-4838

Available 24/7.

To offer help and hope to all military-connected Oregonians.

Veterans Crisis Line

For veterans and those who care about them.

Call **988**, press 1

Text 838255

Trans Lifeline

Trans-led community support and resources.

Call (877) 565-8860

Press 2 for Spanish

Mon-Fri, 10:00 am–6:00 pm PT

Friends For Survival, Inc.

National support and bereavement group for those grieving a suicide death of family or friends. Organized by and for survivors.

Call (916) 392-0664

Toll-free: (800) 646-7322

The Trevor Project

Life-saving community programs and services for LGBTQIA+ youth. 24/7 hotline.

Call (866) 488-7386

Text: "START" to 678-678

National Support for Survivors of Suicide Call or Text **988**

StrongHearts Native Helpline

24/7 safe, confidential and anonymous domestic and sexual violence helpline for Native Americans and Alaska natives to offer support and advocacy.

Call (844)-7NATIVE (7625-8483)

www.strongheartshelpline.org

Call to Safety

Available 24/7 to offer support for all survivors and loved ones of domestic and sexual violence.

Call (888) 235-5333

Text: "START" to 88788

Center for Hope and Safety

24/7 available crisis hotline to offer support to victims and survivors of domestic violence, sexual assault, and human trafficking. English & Spanish-speaking advocates.

Call (503) 399-7722

Sable House

24/7 crisis hotline to provide vital information & support to victims who are in, or attempting to safely escape from, domestic violence in Polk County, Oregon. Also provides support for victims of sexual assault and stalking.

Call (503) 623-4033 or

(866) 518-0284

National Domestic Violence Hotline

24/7 free, safe and confidential hotline for individuals and loved ones experiencing domestic violence, intimate partner violence, and relationship abuse in any form.

Call 1 (800) 799-SAFE (7233)

Text: "START" to 88788

David Romprey Warmline

For peer-to-peer and community counseling support.

Available 24/7.

Call (800) 698-2392

Free Crisis Text Line

24/7 access to a trained crisis counselor that will text back.

Text: "HOME" to 741741 – English

Text: "HOLA" to 741741 – Spanish

Senior Loneliness Line

For seniors 60+ years old seeking support.

Call (503) 200-1633 or

(800) 282-7035

Every day, 5:30 am–11:30 pm

Reach Out Oregon

For peer-to-peer support for parents and families.

Call or Text (833) 732-2467

Mon-Fri, 12pm–7pm (*except holidays*)

24/7 Deaf Survivors ASL Hotline

24/7 confidential hotline that is ASL accessible for people experiencing abuse. You can consult with a culturally adept and trained advocate in ASL about needs of safety planning, crisis intervention, emotional support or have any questions.

(855) 812-1001

www.thedeafhotline.org

Bridges Oregon 24/7 Emergency Hotline

24/7 crisis lifeline for all Deaf, DeafBlind, and Hard of Hearing Oregon residents facing critical situations anytime.

Call, Text, or FaceTime (971) 375-0672

Video phone: (503) 339-3566

www.bridgesoregon.org

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.

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- 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
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