

Reach Out For Help...

QUICK HELP NUMBERS

Emergency – Ambulance, Police, Fire - 911
Community Assistance – Nonprofits, Government - 211
National Suicide & Crisis Line - call or text 988
Clackamas County Crisis Line - 503.655.8585
Alcohol & Drug Helpline - 503.244.1312
Child Abuse Reporting Hot Line - 503.731.3100
Elder Abuse Reporting - 855.503.7233
Pregnancy Resource Center - 503.666.6527
Salvation Army Gresham (Shelter, Food, Jobs, etc.) - 503.661.2704
St. Vincent De Paul - 503.235.8431

Non-Emergency Gresham Police - 503.618.2318
Multnomah County Crisis Line - 503.988.4888
Project Respond (Mental Health Crisis Intervention) - 503.988.4888
Aging & Disabilities Resources - 503.988.3646
Call to Safety – 24 Hour Women’s Crisis Line - 503.235.5333
Domestic Violence Resource Center - 503.469.8620
Military Helpline - 888.457.4838
Veteran’s Suicide Hotline - 1.800.273.8255 press 1
SnowCap Community Charities (Food & Clothing) - 503.674.8785

MEDICAL RESOURCES

Cascade AIDS Project 503.222.5907
520 NW Davis Street, Suite 215 Portland
Provides Free & Confidential HIV & STI Testing
Children’s Community Clinic 503.284.5239
2252 Lloyd Center, 3rd Floor, Portland
Health Center for Uninsured/Underinsured Families, Children & Youth
Good News Community Health Center 503.489.0567 (Medical),
503.660.3161 (Dental)
18000 SE Stark Street, Portland, OR 97233
Primary care, substance use counseling, and diabetes education.
LifeWorks NW Gresham 503.645.3581
400 NE 7th Street, Gresham
Substance Abuse Rehab (No Opioid Addiction)
LifeWorks NW Milwaukie 503.496.3201
4105 SE International Way, #501, Milwaukie
Mental Health

LifeWorks NW Rockwood 971.727.8026
18417 SE Oak Street, Portland
Mental Health, Addiction, & Prevention for All Ages
NARA Native American Rehabilitation Association
503.224.1044
1776 NW Madison, Portland, OR
Portland Adventist Community Services at Gateway Grace Clinic
503.907.6768
1424 NE 109th Avenue, Portland
Call to schedule 18 years & up
Pregnancy Resource Center 503.666.6527
104 NW 11th Street, Gresham
Faith Based, Pro-Life, Providing Free Counseling, Pregnancy Tests, Parenting Classes, Ultrasounds, & STI Testing for Women
Wallace Medical Concern 503.489.1760
124 NE 181st Avenue, Suite 103, Portland
Provides Primary & Urgent Care, Including Well Baby Care, Well Child Care, Immunizations, Chronic Disease Management, & Dental Care

COUNSELORS, THERAPISTS, & COUNSELING CENTERS

James Born PsyD (Sandy) 503.668.5494 *parenting and children*
Valerie Calhoun MA, PCA (Estacada) 503.502.5894
Sharon Ernst MSW, LCSW (Gresham) 971.247.4598 *teens 14-19, adults, women’s support groups for those affected by partner abuse, loss & grief*
Susan M. Hausch MA, LPC (Portland) 503.799.7666 *anxiety, depression, trauma, spiritual direction and formation*
Tiffany Hutchison MA, LPC (Gresham) 971.341.2037 *anxiety, depression, trauma, grief & loss, suicidal ideation, substance abuse*
Jay Johnson PhD (Gresham) 503.669.4300 *children, adults, ADHD, anxiety, fear, phobias, panic, parenting*
Ashlyn LaVine LMFTA (Vancouver) 360.356.8756 (Zoom only) *children (8+), teens, marriage, families, marriage, trauma, ALV Therapy serving Pastors & Ministry Leaders*
Esther Prelog LPC (Tigard) 503.267.3206 *children, teens, parenting, depression*
Joanne Serna LCSW (Gresham) 503.740.1555 *adults, youth, couples, elders*
Kris Teshera PsyD (Tigard) 503.521.1981 *marital, adult & children sexual abuse*
Alan Wheatley MA, CSAT (Sunnyside) 971.231.4611 *grief, sexual addiction, trauma, marriage, pastoral counseling*

Cascadia Behavioral Health Center (Portland) 503.230.9654
Counseling for addiction recovery, trauma, chronic & severe mental health challenges.
Good Samaritan Ministries (Beaverton) 503.644.2339
This is a non-profit ministry aimed at mental & spiritual health wellness with 1-1 counseling, groups, & classes. Counselors are certified and work with adults, children, & teens dealing with addiction, trauma recovery, marriage & couples, and family.
Pure Desire Ministry (Gresham) 503.489.0230
Devoted to healing men & women who have become addicted to sexual behaviors that are harmful to their family, social, and spiritual well-being.
River Ridge Counseling (Sandy) www.riverridgecounseling.com
Eight Counselors are available for marriage, parenting, children, teens, anxiety, depression, and grief & loss.
Cornerstone Clinical Services Westside 503.352.0036
Eastside 503.786.1711
Dougy Center for Grieving Children (Portland) 503.775.5683
Western Psychological & Counseling Services (Gresham)
503.666.8832 & 503.669.4300
Counseling available for couples, families, and children.
ARMS Abuse Recovery Ministry (Gresham) 503.805.8734