

Sliding Fee & Free Counseling Services

| Agency | Contact Info | Additional Information |
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| Bridge City Counseling | 712 SE Hawthorne Blvd Suite 100 Portland, OR 97214 Phone: 503-877-2486 | Counseling Intern works with children, teens, families, couples and individual adults. Fees based on a sliding scale ranging from \$10-\$55. Specializes in depression, anxiety, and trauma as well as work with clients or families who are experiencing a disability. www.bridgecitycounseling.com |
| Dougy Center | PO Box 86852 Portland, OR 97286 Phone: 503-775-5683 | Provides peer support for children, teens, young adults and families who have experienced the death of a loved one. Services also available in Spanish. Sites in Portland, Hillsboro and Canby. |
| Early Assessment and Support Alliance (EASA) | Phone: 503-988-3272 | The purpose of EASA is to identify youth (ages 15-25) with symptoms of psychosis as early as possible, and to provide the most effective support and treatment so they can be successful. Services available regardless of ability to pay. |
| George Fox University Individual and Family Matters | 12570 SW 69th Ave Portland, OR 97223 Phone: 503-554-6060 | Offers individual, family, couple and group therapy services with graduate interns. Sliding fee scale from \$15-\$75 per session. www.georgefox.edu/counseling-programs/clinics/individual-family-matters.html |
| Harry's Mother | 738 NE Davis Portland, OR 97232 Phone: 503-233-8111 | Free counseling for youth ages 9-17 and their families. Provides crisis intervention, emergency shelter, and follow-up care. Parental consent necessary for shelter but not for counseling. |
| Me, Too | PO Box 10796 Portland, OR 97296 Phone: 503-220-1000 | Free grief and bereavement support groups for children, teens and their adult guardians. www.oregonhospice.org |
| NW Catholic Counseling Center | 8383 NE Sandy Blvd Suite 205 Portland, OR Phone: 503-253-0964 | Sliding scale available from \$45-\$100. Counseling with Interns available starting at \$20 per session. |
| Oregon SafeNet | Phone: 1-800-SAFENET (1-800-723-3638) | Callers will receive guidance on accessing services and meeting eligibility guidelines. |

The information about mental health services is independent of Portland Public Schools. Referrals are provided as a convenience and do not imply endorsement.

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Revised 8/2011

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| Outside In | 1132 SW 13th Portland, OR Phone: 503-535-3800 | Walk-in mental health services for high-risk youth. Limited availability. |
| Pacific University Psychological Service Center | 1411 SW Morrison St Suite 205 Portland, OR 97205 Phone: 503-352-2400 | Counseling for adults, children, couples, families and groups. Sliding scale fee based on monthly income. Session fees range from \$20 to \$85. www.pacificu.edu/spp/clinic/scheduling.cfm |
| Peace House | 2116 NE 18th Ave Portland, OR 97212 Phone: 503-285-1714 | Free suicide bereavement support group. Meets 3rd Monday each month, from 7:00pm-9:00pm. www.sbsnw.org |
| Portland State University Community Counseling Clinic | 615 SW Harrison Portland, OR 97207 Phone: 503-725-4620 | Individual, couple, and family counseling offered by graduate students. The cost is \$15 per session. Reduced fees can be negotiated in cases of financial hardship. www.pdx.edu/coun/clinic |
| River's Way Clinic | 2049 NW Hoyt St Portland, OR 97209 Phone: 503-321-5127 | Provides counseling for individuals, couples and families. Sliding scale available from \$25-\$80. www.processwork.org |
| Wellness Project | Vancouver, WA Phone: 360-798-2918 | Free individual, group, couples and family counseling for adults. Therapists, case managers, psychiatric prescribers, and nurses are available. |
| William Temple House | 2923 NW Hoyt Portland, OR 97232 Phone: 503-226-3021 | Provides free and sliding-fee counseling. Must complete an application, which can be picked up at the office. www.williamtemple.org |
| Wise Counsel & Comfort | Various locations. Phone: 503-282-0182 | Website lists a number of private therapists and their specialties. Several therapists offer sliding fee services. www.portland-therapist.com . |

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