

Adolescent Brain Cognitive Development

Teen Brains. Today's Science. Brighter Future.

Resources for Youth and Parents

Thank you for participating in the ABCD study. If you or someone you know is struggling with emotional concerns or substance use, help is available.

You are NOT Alone

- **Mental Health County Crisis Lines:** Multnomah: 503-988-4888, Clackamas: 503-655-8585, Washington: 503-291-9111, Clark: 1-800-626-8137
- **988 Suicide and Crisis Lifeline:** Available 24/7 for people experiencing a behavioral health crisis to call, text or chat online at 988lifeline.org. Calls may be responded to in English or Spanish. Text and online chat are currently only available in English. People can also dial 988 if they are worried about a loved one who may need crisis support.
- **Dial 2-1-1:** Provides information and referrals to health, human, and social service organizations, or visit: 211.org

If you are feeling depressed, anxious, or just need someone to talk to...

- **Youth Line:**

You can text with another teen from 4-10pm PST or call, email, or chat with an adult at any time. Both the teens and adults are trained and ready to listen. You can talk in a completely confidential setting and talk as long as you need. To find out more, go to:

<http://www.oregonyouthline.com/>

CALL: 877-968-8491

TEXT: teen2teen to 839863

EMAIL: teen2teen@Linesforlife.org

- **National Suicide Prevention Lifeline**

The National Suicide Prevention Lifeline provides emotional support 24/7. This lifeline is completely confidential, anonymous, and meant for all ages. CALL: 1-800-273-8255 or Go to: <https://suicidepreventionlifeline.org/chat/> to chat online.

- **Crisis Text Line**

If you are having a crisis or a hard time right now, text the Crisis Text Line to talk to someone who is there to listen and help bring a heated moment into a more calm state. This hotline is 24/7, completely confidential, anonymous, and meant for all ages.

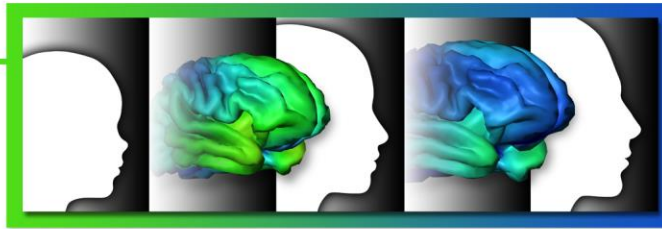
TEXT the word "HOME" to 741-741 if you are in crisis.

Go to: <https://www.crisistextline.org/> for an entire list of resources

- **Boys and Girls National Hotline:** 1-800-448-3000

In addition to calling, teens can now text VOICE to 20121 or email hotline@boystown.org any day, any time to speak with a trained counselor. Online resources are also available at

<https://www.yourlifeyourvoice.org/>



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- **David Romprey Oregon Warmline**

If you are in a place where you are needing to talk to someone but it is not an imminent crisis, the David Romprey Warmline is there to listen and talk as long as you needed.

CALL: 1-800-698-2392

LGBTQ+ Support

Trans Lifeline

- Trans Lifeline, which offers emotional and financial support to transgender people, has a peer support hotline for trans and questioning callers. The hotline is staffed by transgender volunteers.

Call: 877-565-8860

translifeline.org/hotline

Gender Spectrum

- Gender Spectrum works to create gender sensitive and inclusive environments for all children and teens.

<https://www.genderspectrum.org/>

Sexual & Gender Minority Youth Resource Center (SMYRC)

- Provide support groups and services including case management, counseling, education, and more for sexual and gender minority youth ages 13-23.

(503) 872-9664

<http://smyrc.org/>

Trevor Project

- The Trevor Project is a hotline specifically for the LGBTQ+ community to provide support and someone to talk to. You can call in, text, or chat 24/7. It is completely anonymous and confidential. Their website also includes additional resources and support.

- CALL: 1-866-488-7386

- TEXT: START to 678-678

- CHAT: <https://www.thetrevorproject.org/get-help-now/>

Eating Disorders

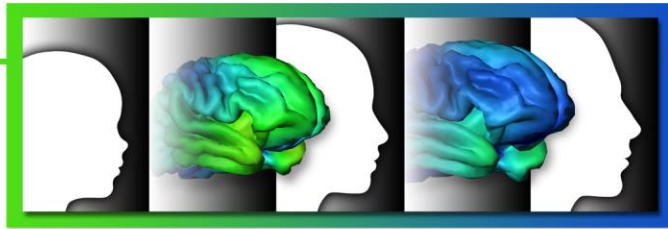
NEDA

- Contact the NEDA Helpline for support, resources, and treatment options for yourself or a loved one who is struggling with an eating disorder. Helpline volunteers are trained to help you find the support and information you need.

- CALL: (800) 931-2237

- CRISIS TEXT: NEDA to 741741

- CHAT: <https://www.nationaleatingdisorders.org/help-support/contact-helpline>



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Sexual Assault Support

Sexual Assault Resource Center

- The Sexual Assault Resource Center has a 24/7 crisis hotline as well as resources for those who have experienced sexual assault. The hotline is completely confidential and anonymous. On their website, you can also search for shelters, counselors, and other hotlines that specialize in sexual assault by location or language.

CALL: 503-640-5311 (toll free 888-640-5311)

<https://sarcoregon.org/>

Call to Safety: 1-888-235-5333 [Call to Safety](#)

- Provides domestic and sexual violence support services.

Urgent Walk-in Clinic

Cascadia Behavioral Healthcare Urgent Walk-in Clinic

Open every day from 9 AM to 9 PM and serves anyone regardless of insurance, income, or age. This service is free to anyone and you will be able to talk directly with someone in person who can help. Their short-term services are based on your specific needs and may include:

- Counseling
- Referrals to affordable mental health care
- Psychiatric prescriber services
- Substance treatment referrals
- Other community resources

4212 SE Division St Suite 100

Portland, OR 97206

(503) 963-2575

Local Counseling Services Finder:

- **Therapist Finder Tool:** www.psychologytoday.com
- **Portland Therapy Center :** <https://www.portlandtherapycenter.com/>

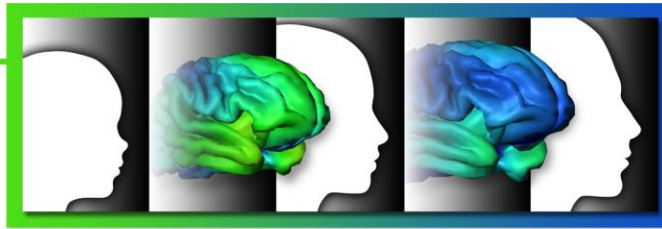
For some low-cost counseling and treatment options in OR & WA, check out:

A Better Way Counseling Center

Provide counseling and free support groups.

(503) 226-906

www.abwcounseling.com



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Catholic Community Services

Provides mental health services to youth from 5 through 17 years of age.

(503) 517-8663

<https://ccsw.org/>

Children's Center

Offers specialized outpatient mental health counseling and psychiatric services for children and adolescents.

(360) 699-2244

<https://www.thechildrenscenter.org/>

Columbia River Mental Health Services

Provide a variety of mental health services for youth and adults.

(360) 993-3000

<https://crmhs.org/child-and-family/>

Harry's Mother Counseling Program

Provides free counseling for teens, parents, and families for 6 months.

(503) 542-4551

<http://www.janusyouth.org/news/post/harrys-mothera-safe-place-for-youth-having-trouble-at-home>

Lewis & Clark Community Counseling Center

Offers a variety of counseling services; affordable, sliding-scale fees.

(503) 768-6320

http://graduate.lclark.edu/clinics/community_counseling

Lifeline Connections

Offer mental health and substance use treatment services for youth and adults.

(360) 397.8246

<https://lifelineconnections.org/>

LifeWorks NW (Multiple Locations)

Mental health/addiction treatment for wide range of age groups; several languages spoken; takes OHP.

(503) 645-9010

www.lifeworksnw.org

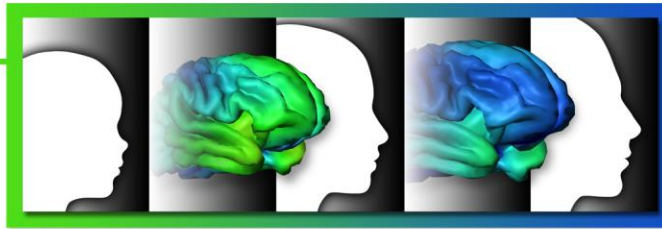
Lutheran Community Services NW

Provide refugee and immigration counseling services.

(503) 231-7480

(360) 694-5624

<https://lcsnw.org/>



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Northwest Family Services

Counseling services; Spanish speakers available; free/low-cost programs

(503) 546-6377

<http://www.nwfs.org/>

Outside In

Provides mental health and substance use services for young adults.

(503) 354-9695

<https://outsidein.org/>

Pacific Psychology & Comprehensive Health Clinic

Affordable services available.

Portland Clinic: (503) 352-2400

Hillsboro Clinic: (503) 352-7333

<http://www.pacificu.edu/our-resources/clinics/psychology-clinics/contact-us>

Portland State University Community Counseling Clinic

Low-cost services; counselors are supervised practicum students.

(503) 725-4620

<http://www.pdx.edu/coun/clinic>

Portland Processwork Clinic

Counseling for individuals, couples, families, and groups; sliding scale.

(503) 321-5002

<http://www.portlandprocessworkclinic.org/>

Quest Center for Integrative Health

Offers individual, couple, group therapy; accepts Medicare & OHP.

(503) 238-5203

<http://quest-center.org/>

Sea Mar Behavioral Health Clinics

Provide individual and group therapy for children and adults.

(360) 558.5790

<https://www.seamar.org/services-bh.html>

Western Psychological & Counseling Services

Multiple locations, individual counseling and addiction services. Accepts private insurance, Medicare and OHP.

(503) 253-4600

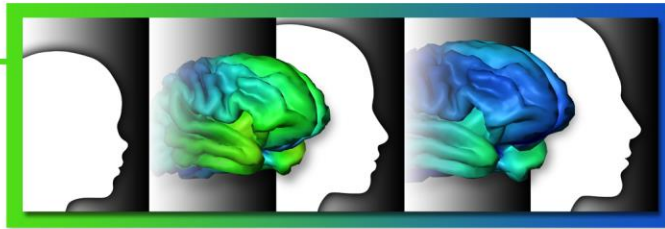
<http://www.westernpsych.com/>

William Temple House

Counseling for individuals, families, couples, groups; sliding scale \$5-\$30.

(503) 226-3021, Ext. 1220

<https://www.williamtemple.org/>



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Wise Counsel & Comfort (Multiple Locations)

Affordable counseling/therapy; call for payment options.

(503) 282-0182

<http://portland-therapist.org/>

Parenting Resources

- **Child Mind Institute** www.childmind.org
Provides tips, articles, and insights about children's mental health and learning disorders.
- **PDX parent** www.pdxparent.com
Includes resources, both in print and online, for all things families, from local family activities to stories on health and education issues.
- **Oregon Family to Family Health Information Center**
Provides resources for families of children and youth with special health care needs and the professionals who serve them.
- **Oregon Parenting Education Collaboration** www.orparenting.org
Includes parenting resources as well as resources tailored to support you and your family during the COVID-19 pandemic.
- **Stop Bullying:** www.stopbullying.gov
Provides information on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.
- **ABCD Study website** www.abcdstudy.org
For the latest news on ABCD Study progress, including news and publications, check out the ABCD Study website.

