

Community Resources

(This list was adapted from a list compiled by EWS)

Counseling

- Cascade Behavioral Health: 541-345-2800
- Center for Family Development: 541-342-8437* (mental health and substance abuse disorders)
- Centro Latino Americano: 541-687-2667*
- The Child Center: 541-726-1465 (ages 17 and under)
- Child & Family Center, University of Oregon: 541-346-4805
- Direction Service Counseling: 541-344-7303
- Lane County Behavioral Health: 541-682-3608*; Child & Adolescent Program: 541-682-1915
- Looking Glass Counseling Program: 541-484-4428
- Odyssey Community Counseling: 541-741-7107
- Options Counseling: 541-687-6983*; 541-997-6261(Florence); 541-762-1971 (Springfield)
- Oregon Community Programs: 541-743-4340
- PeaceHealth Counseling Services: 541-902-6085 (Florence); 541-685-1794 (Eugene)
- South Lane Mental Health: 541-942-3939 (counseling & crisis services for South Lane County)
- Trauma Healing Project: 541 687-9447 (trauma informed and wellness services)
- Vet Center: 541-465-6918 (combat veterans; also offers MST services)
- VA Mental Health: 541-242-0440
- White Bird Clinic: 541-342-8255
- Willamette Family: 541-343-2993 (services for mental health & substance abuse disorders)
- Oregon Social Learning Center: 541-284-7560 (substance abuse treatment for 12-18 yr olds)

*Spanish-speaking staff available

Crisis

- 911: Imminent danger to self or others
- CAHOOTS: Non-emergency mobile crisis intervention. 541-682-5111 (Eugene); 541-726-3714 (Springfield)
- Hourglass Community Crisis Center: 541/505-8426 Short-term mental health crisis assessment & stabilization for adults, 24 hours/day
- Youth Crisis Response Program: 1-888-989-9990 (for parents of children through age 17)
- White Bird: 541-687-4000; 1-800-422-7558 (24-hour local crisis line)
- Looking Glass Youth & Family Crisis Line: 541-689-3111
- National Suicide Prevention Lifeline: 1-800-273-8255 (press 1 for Veterans Crisis Line)
- Trevor Lifeline: 1-866-488-7386 (for LGBTQ youth)
- Crisis Text Line: 741-741 (text "CONNECT" to access services) 24/7 support
- Suicide and Crisis Lifeline Oregon: dial 988

Support Groups

- Crisis Text Line: OREGON to 741741 Receive a text response from a live, trained crisis counselor to provide help. The line is available 24/7.

Teens

- White Bird HOOTS For students, families and staff of 4J, Eugene Charter and Bethel High Schools please call (541) 246-2342. For students, families and staff of Springfield, Oakridge and South Lane High Schools please call (541) 246-2332.
- Ophelia's Place helping girls prepare for emotionally healthy lives. Teen empowerment groups and Parent groups. **Address:** 1577 Pearl St #100, Eugene, OR 97401 **Phone:** (541) 284-4333 **Website:** <https://www.opheliasplace.net/>

LGBTQIA+ Resources

- TransPonder - (Local resource) TransPonder is a small grassroots, completely transgender founded and led nonprofit based in Eugene, Oregon providing support, resources, and education for and about the transgender and gender diverse community and our allies. **Website:** <https://transponder.community/>
- The Trevor Project - National organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. 24/7/365 **TrevorLifeline phone** 866-488-7386

- The Whitebird Clinic -(trained to work with Transgender folks) 541-687-4000. 24/7 crisis support. Also support for medical, dental, behavioral health, community referrals, crisis, mobile crisis response, homelessness, and counseling.
- The Q center - Located in Portland, OR The Q Center provides resources, connection and support for the LGBTQIA+ community in Oregon. **Website:**<https://www.pdxqcenter.org/>

Website Resources

Now Matters Now: www.nowmattersnow.org

Suicide Is Different: www.suicideisdifferent.org

Mental Health America: www.mentalhealthamerica.net

Mind Your Mind Project: www.mindyourmindproject.org

National Council for Behavioral Health: www.thenationalcouncil.org

National Institute of Mental Health: www.nimh.nih.gov/health

National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org

Substance Abuse and Mental Health Services Administration: www.samhsa.gov

Suicide Prevention Resource Center: www.sprc.org

Additional Assessment and Support Services

- CDRC - Child Development & Rehabilitation Center – Oregon Health and Science University – Eugene campus
Address: 901 E. 18th Avenue, Clinical Services Building
Website: <http://www.ohsu.edu/cdrc/>
The Child Development and Rehabilitation Center (CDRC) provides a full range of clinical services for children with developmental disabilities or other special health care needs, and for patient families. In depth educational and medical assessments.
- Tim Marsden - Educational Support
<http://educationalsupportonline.com>
Tim Marsden offers developmental assessments and support for auditory processing difficulties, dyslexia, ADD, ADHD, and more.
- Connect the Dots
Address: 84 Centennial Loop, Eugene, OR 97401
<https://www.ctdpediatrictherapy.com>

Connect the Dots Pediatric Therapy is a therapist-owned clinic offering occupational, physical and speech therapy services.

- Birdsong
Address: 1126 Gateway Loop, Suite 112, Springfield, OR 97477
Website: <https://www.birdsongspeechtherapy.com>
Birdsong Speech Therapy offers assessments of literacy and pre-literacy skills, structured literacy intervention to support K-8 students with learning disabilities, dyslexia, dysgraphia, and those who are struggling to make progress in reading and writing, comprehensive speech and language evaluations, speech and language therapy, bilingual services for Spanish speaking children and families.
- Academic Achievement Center
Address: 435 Lincoln St. Eugene, OR 97401
Website: <https://www.eugeneaac.com>
AAC provides math tutoring, literacy tutoring, and dyslexia support.
- Hearing Associates
Address : 401 E 10th Ave, Eugene, OR 97401
<https://eugenehearingassociates.com>
Audiology and Auditory Processing Assessments
- Portland Auditory Processing Diagnostics
Dr. Laura Polich – Audiology and Auditory Processing Assessments
Phone: 503-806-1498
- Foley Vision Center
Address: 2260 Oakmont Way, Suite 1, Eugene, OR 97401
<https://www.foleyvisioncenter.com>
Comprehensive and functional vision exams. Vision therapy.