

Low-Cost Counseling

Multnomah County

Agency	Contact Information	Services
Allies in Change Counseling Center	1675 SW Marlow Ave. Suite 110 Portland, OR 97225 Phone: (503) 297-7979 www.AlliesinChange.org	Counseling services related to domestic violence, parenting, anger management, and abuse intervention; Cost: sliding-scale
Asian Health and Service Center	3430 SE Powell Blvd Portland, OR. 97202 Phone: (503) 872-8822 ext. 200 http://ahscpdx.org/index.html	Chinese medicine, counseling, psych evaluation & medication management; Individual and group counseling; Sliding-scale
Avel Gordly Center for Healing (OHSU)	621 SW Alder St. Suite 520 Portland, OR. 97205 Phone: (503) 418-5311 www.ohsu.edu	Multi-cultural mental health center; Individual and group therapy, psychiatric evaluation, medication management, etc.
Catholic Charities	2740 SE Powell Blvd. Portland, OR. 97202 Phone: (503) 688-2613 www.catholiccharitiesoregon.org	Offers healthy relationship classes; Conflict resolution skills; establishing safe relationships; No Fees
Cascadia Behavioral Healthcare	4212 SE Division St. Suite 100 Portland, OR. 97206 Phone: (503) 674-7777 www.cascadia.org	Comprehensive assessment and treatment planning; individual & group counseling; Urgent walk-in clinics available
Conexiones	3500 NE MLK, Suite #200 Portland, OR. 97212 Phone: (503) 235-8057 ext. 9 www.conexionesportland.com	Individual and group counseling; Able to provide services in Spanish; Accepts most insurance & sliding-scale
Family Medicine at Richmond OHSU	3930 SE Division St. Portland, OR. 97202 Phone: (503) 418-3900 www.ohsu.edu	Prioritizes SE area homeless, pregnant women, children, and elderly; Accepts Care Oregon

Lifeworks NW	Various clinics in Multnomah, Clackamas, and WA counties Phone: (503) 645-9010 www.lifeworksnw.org	Counseling and psychiatric services; bilingual counselors available; Culturally responsive programs for African Americans
OHSU Intercultural Psychiatry Program	3633 SE 35 th Place Portland, OR. 97202 Phone: (503) 494-4222 www.ohsu.edu	Provides culturally sensitive mental health services for immigrants, refugee and ethnic communities.
Old Town Recovery Center (Central City Concern)	33 NW Broadway Portland, OR. 97209 Phone: (503) 294-1681 www.centralcityconcern.org	Individuals with severe mental illness. Case management; Accepts Care Oregon, Family Care, and Health Share.
Sunnyside Counseling Center	150 SE 80 th Ave. Portland, OR. 97215 Phone: (503) 257-7572 www.sunnysidecounseling.com	Faith-based counseling for individuals experiencing depression, trauma, abusive relationship, and anxiety.
Umbrella LGBTQ Community Counseling	3034 NE Martin Luther King Blvd (Cascadia Garlington Center) Portland, OR. 97212 Phone: (503) 674-777 http://www.pdxqcenter.org/programs/community-counseling/	Provides affordable services, assessment, individual & group therapy, family counseling; Free to LGBTQ youth 18-23 years; Specialize in: coming out, transitioning, self-esteem, etc.