

Culturally Specific Resource Guide



lines for life

| Equity & Cultural Engagement

Historically, we people of color have not sought professional treatment for mental health or substance use issues because we were not encouraged to do so growing up, didn't feel the providers could be trusted, or did not feel these services were meant for us. This is why the Equity Team at Lines for Life felt it necessary to find out who was providing treatment specifically designed to meet the unique needs of people of color. May these culturally specific mental health/substance use treatment resources be the beginning of your healing process.

African American/Black Resources

Avel Gordy Center for Healing - OHSU

621 SW Alder St., Bldg., Ste. 520, Portland, OR 97205

(503) 494-4744

Services: Walk-In, inpatient, & outpatient mental health services

Fora Health

10230 SE Cherry Blossom Dr., Portland, OR 97211

(503) 535-1151

Services: Same day care, detox, inpatient, outpatient, DUII, MAT, & family therapy

Hillsboro Location

205 SE 3rd Ave., Ste. 100, Hillsboro, OR 97123

Holistic Healing Behavioral Healthcare

5257 NE Martin Luther King Jr., Blvd., Ste. 201, Portland, OR 97211

(503) 954-2077

Services: Intensive outpatient substance use and mental health treatment, DUII, gambling, family therapy, peer support, & corrections re-entry

Imani Center - Central City Concern

2040 SE Powell Blvd., Portland, OR 97202

(503) 226-4060

Services: Mental health, outpatient addictions treatment for adults, peer support, housing & employment support

Oregon Change Clinic & InnerG Wellness

1312 SW Washington St. Portland, OR 97205

(503) 719-7985

Services: Intensive outpatient mental health & substance use treatment, MAT, & temporary housing

Hispanic/ Latinx Resources

Instituto Latino Centro NW

10209 SE Division Bldg. B, Ste. 100, Portland, OR 97206

(503) 719-7609

Services: Walk-in/appointment long-term, low barrier, no cost, addiction recovery, harm reduction support services, free in-person peer-led groups and community support for the Spanish-speaking community

Raices de Bienestar

4145 SW Watson Ave., Ste. 350, Beaverton, OR 97005

(971) 417-6054

Services: Bilingual mental health services for uninsured and underinsured Latinx youth and adult community members

Western Conexiones (multiple locations)

3500 NE MLK Jr. Blvd., Suite 200, Portland, OR 97212

(503) 327-8205

Services: Bilingual outpatient mental health and substance use treatment, autism and ADHD, group therapy

Bienestar de la Familia

6736 NE Killingsworth St., Portland, OR

(503) 988-3509

Services: Linguistically appropriate mental health and addiction treatment, case management, after-school programs for teens, etc.

Morrison Child & Family Services

(various locations throughout Portland/Metro area)

1507 NE 122nd Ave., Portland, OR 97230

(503) 258-4381

Services: Bilingual outpatient mental health and substance use treatment, IOP, community and school-based services

Native American/Indigenous Peoples Resources

All Tribes Mental Health Services, Inc.

221 NW 2nd Ave., Ste. 203-B, Portland, OR 97209

(541) 366-8225

Services: Remote mental wellness services for BIPOCC individuals to heal from oppression, discrimination, historical trauma and more

Native American Rehabilitation Association (multiple locations)

1438 SE Division St., Portland, OR 97202

(503) 232-5959

Mental Health Intake Line: (503) 307-7775

Services: Inpatient/outpatient mental health & substance use treatment, cultural groups, chronic pain, family therapy, case management, etc.

Painted Horse Recovery

10209 SE Division St., D-east, Portland, OR 97266

(971) 205-5144

Services: Free Native-based substance use recovery peer services with an emphasis on cultural activities for families and community

Care Oregon Tribal Care Coordination

315 SW Fifth Ave., Portland, OR 97204

(503) 416-4100

Services: Case management and coordination for Native American/Indigenous People to access services through the Oregon Health Plan

Native American Youth & Family Center

5135 NE Columbia Blvd., Portland, OR 97218

(503) 288-8177

Services: Wrap around services (food, energy assistance, clothing, etc.) for families, mental health & substance use programming for youth, domestic violence support groups, and emergency services

Asian/Pacific Islander Resources

Asian Health & Service Center

9035 SE Foster Rd., Portland, OR 97266
(503) 872-8822

Services: Bilingual & bicultural individual mental health therapy for 16 and older, family & couples therapy, skills training, case management, activities therapy, gambling treatment

Asian Pacific American Network of Oregon (APANO)

8188 SE Division St., Portland, OR 97206
(971) 340-4861

Beaverton location

12655 SW Center St., Ste. 130, Beaverton, OR 97005

Services: Community advocacy and organization, cultural work, leadership development and opportunities for economic empowerment

Asian Family Center, IRCO

8040 NE Sandy Blvd., Portland, OR 97213
(503) 235-9396

Services: Trauma-informed peer support services, relationship-based case management, food and housing support, senior services, employment and economic development

The Project Lotus

Portland, OR 97229

General Contact: info@contactprojectlotus.org

Blog/Editorial Team: blog@contactprojectlotus.org

Services: Culturally specific mental health advocacy organization offering education and peer support

Scan the code below or visit: www.linesforlife.org/grounding-techniques/
to find grounding techniques to manage stress and anxiety.



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