

Resources

WHERE TO GO FOR HELP

Mental Health Agencies & Organizations

- [Alcoholics Anonymous – Emerald Valley](#), (541) 342-4113
- [Center for Family Development](#), (541) 342-8437
- [Directions Service Counseling Center](#), (541) 686-5060
- [Lane County Mental Health](#), (541) 682-3608
- [MindFreedom Support Coalition](#), (541) 345-9106
- [Narcotics Anonymous](#), (541) 729-0080
- [National Alliance on Mental Illness of Lane County](#), (541) 343-7688
- [Options Counseling Service](#), (541) 687-6983
- [Sacred Heart Medical Center Behavioral Health](#), (541) 686-7058
- [ShelterCare](#), (541) 686-1262
- [Whitebird](#), (541) 687-4000

Mental Health Agencies-Children & Families:

- [The Child Center](#), (541) 726-1465
- [Looking Glass](#), (541) 686-2688
- [OSLC Community Programs](#), (541) 743-4340
- [Jasper Mountain](#), (541) 747-1235
- [Relief Nursery](#), (541) 343-9706

To Find Appropriate Services:

- [United Way of Lane County-211 Lane](#), On-line directory
- [White Bird Info Line](#), (541) 342-4357

Social Services:

- [Catholic Community Services](#), (541) 345-3642
- [Food for Lane County](#), (541) 343-2822
- [Senior and Disabled Services of Lane County](#), (541) 682-4038
- [St. Vincent De Paul](#), (541) 687-5820

State and Federal Agencies:

- [OR Addictions and Mental Health Services](#), (503) 945-5763
- [OR Advocacy Center](#), (541) 243-2081
- [OR Office of Consumer Technical Assistance](#), (503) 725-8096
- [OR Office of Vocational Rehabilitation](#), (877) 277-0513 (toll free)
- [Social Security Administration](#), (800) 772-1213 (toll free)
- [National Institute Of Mental Health](#), (866-615-6464 (toll free)
- [National Mental Health Association](#), (800) 969-6642(toll free)

Learning about recovery websites:

- [Boston University Center for Psychiatric Rehabilitation](#)
- [Darmouth Supported Employment Center](#)
- [National Empowerment Center](#)
- [Substance Abuse and Mental Health Services Administration](#)
- [US Psychiatric Rehabilitation Association](#)