



Dear GBSD students and families,

April 21, 2020

Given the recent closures of our schools due to the outbreak of COVID-19, we want to share some valuable mental health resources for you to access. The safety and wellbeing of our students and community is our number one priority. Counselors, social workers, teachers, and other trusted GBSD staff will have varying availability throughout the school closures, therefore, please refer to the following resources for extra support.

**For URGENT needs** (not an emergency but you require assistance as soon as possible):

- ❖ **Urgent Walk-In Clinic:** 503-963-2575
  - Open 7 days a week from 9 a.m. – 9 p.m.
  - 4212 SE Division, Suite 100, Portland, OR 97206
- ❖ **Multnomah County Crisis Line:** 24/7 crisis and support: 503-988-4888
  - Support in Spanish and other languages is available. <https://multco.us/file/53107/download>
- ❖ **Clackamas County Crisis Line:** 24/7 crisis and support line: 503-655-8585
- ❖ **Kaiser Insurance Patients:** 24/7 crisis and support for Kaiser patients: 1-866-453-3932

**For EMERGENT needs** (it's an emergency and someone's safety may be at risk):

- ❖ **Emergency Department**--Please be aware that wait times may be lengthy due to how hospitals must triage at this time due to COVID-19.
- ❖ **9-1-1**--call police if your family member is in immediate danger.

**Resources for URGENT OR EMERGENT NEEDS:**

<b>Lines for Life</b> 1-800-273-8255 <i>*Also services those with dealing with drug/alcohol use/recovery</i> <a href="https://www.linesforlife.org/">https://www.linesforlife.org/</a>	<b>Youthline (A peer crisis line for youth)</b> Text "teen2teen" to 839863 1-877-968-8491 (phone) <a href="https://www.linesforlife.org/">https://www.linesforlife.org/</a>
<b>Crisis Text Line</b> Text "HOME" to 741741	<b>The Trevor Project (A crisis line for LGBTQ+ youth)</b> 1-866-488-7386 <a href="https://www.thetrevorproject.org">https://www.thetrevorproject.org</a>
<b>National Suicide Hotline</b> 1-800-SUICIDE	<b>Trans Lifeline</b> 1-877-565-8860
<b>Child Abuse Hotline</b> 1-855-503-SAFE (7233)	<b>UNICA</b> 24-Hour Crisis Line: 503-232-4448 24-Hour Crisis Line TOLL FREE: 1-888-232-4448 Services to survivors of domestic/sexual violence including 24-hr Spanish language crisis line operated by El Programa Hispano.

It is our hope that these resources will be useful to the GBSD community during this unprecedented time of school closures. GBSD staff will continue to provide support in any way possible to students and families during this time of distance learning. Please don't hesitate to reach out if you have any questions or concerns regarding these resources.

Sincerely,

Counselors & Social Workers, Gresham-Barlow School District



## COMMUNITY BASED MENTAL HEALTH RESOURCES

COVID-19 has brought a lot of changes to the way we are navigating the mental health system. Nevertheless, agencies are doing their best to support clients and their needs during this trying time.

•If you currently are already enrolled in mental health services, call your mental health provider for your needs or follow the guidelines provided by their clinic.

•If you are not enrolled in mental health services, there are resources available to you.

**Below is a list of Community mental health agencies are offering “virtual” intakes and therapy appointments:**

### **Western Psychological and Counseling:**

Western Conexiones includes a team of bilingual (Spanish-English) mental health providers who provide multicultural counseling and trauma healing services. <https://www.westernpsych.com/services/western-conexiones>

#### **West office:**

1700 NW Civic Drive Suite 310  
Gresham, OR 97030-3774  
p. 503-666-8832  
f. 503-669-8641

<https://www.westernpsych.com/locations/gresham-west>

#### **East office:**

2222 E. Powell Blvd.  
Gresham, OR 97080  
p. (503) 669-4300  
f. (503) 669-4301

<https://www.westernpsych.com/locations/gresham-east>

### **NARA (Native American Rehabilitation Association)**

Intake Department: 503-953-6598

<https://www.naranorthwest.org/projects/youthmentalhealth/>

### **Morrison Child and Family Services:**

Intake Department: 503-258-4381

<https://morrisonkids.org/about-us/contact-us/>

Spanish-speaking therapists available at some locations.

### **Lifeworks Northwest:**

Intake Department: 503-645-9010

Spanish-speaking therapists available at some locations. <https://www.lifeworksnw.org/>

### **Kaiser Insurance Patients:**

Interpretation services are available upon request.

503-249-3434

### **Lutheran Community Services:**

Offers culturally-specific services to immigrants and refugees of eastern European countries (Offer services in Russian).  
Phone: 503-731-9589 <https://lcsnw.org/program/multicultural-counseling-services/>

**OHSU's Intercultural Psychiatric Program:**

Offers culturally sensitive mental health services to immigrant and refugee communities. Phone: 503-494-4222  
<https://www.ohsu.edu/brain-institute/psychiatric-department-clinics-and-divisions/>

**Asian Health and Service Center:**

Offers services in Cantonese, English, Korean, Mandarin, or Taiwanese. Phone: 503-872-8822 x200.  
<https://www.ahscpx.org/mentalhealth.html>

**Ecumenical Ministries of Oregon:**

Offers services for domestic violence concerns for the Russian community. Phone: 503-777-3437  
<https://emoregon.org/ross/ross-dv/>