

### List of Local Mental Health Clinics

\* Please Note: The list of insurances accepted is based upon information from clinic websites and is therefore subject to change. Please check with your insurance provider and/or the clinic you are considering to make sure they accept your insurance plan.

Clinic Name/Location	Phone Number	Insurance Accepted*
<b>Aiyana Counseling</b> - Portland, OR (Southwest)	503.596.2222	Regence BCBS, Moda, Kaiser, Pacific Source, Aetna.
<b>Balance Center for Children and Families</b> - Tigard, OR	503.596.2222	<b>OHP: HEALTHSHARE; CAWEM PLUS.</b> Aetna, Regence BCBS, BS of Oregon, Moda, Kaiser, Providence, MHN (Healthnet), United Behavioral Health, PacificSource, Cigna, Reliant Behavioral Health, BHS (Behavioral Health Systems), CompPsych, Cascade EAP, LyfeSynch, Coventry Health Care, First Health, BDA (Besinger, Dupont & Associates), Oregon Crime Victims Compensation.
<b>Family Ties Counseling Center</b> - Portland, OR (South)	503.349.2281	PacificSource, Regence, BCBS, MODA.
<b>Firefly Counseling</b> - Hillsboro, OR	503.349.2281	Providence, UHC. (\$70 visits if no insurance/not accepted)
<b>Lake Oswego Counseling Center (LOCC)</b> - Lake Oswego, OR	503.675.2830	<b>OHP: Yamhill CCO, Health Share, Open Card, Willamette Valley.</b> Aetna, Regence BCBS, Cigna, Medicare, First Choice, Healthnet MHN, Moda, Pacific Source networks/Legacy, United Behavioral Health, Providence Behavioral Health, Optum, UMR, Tricare

<p><b>Neurotherapeutics</b> - Oregon City, OR</p>	<p>503.372.5147</p>	<p><b>Medicaid: DMAP and Health Share;</b> Cigna; Kaiser; Moda; PacificSource; Regence Blue Cross Blue Shield; Reliant Health (includes Peace Health and A &amp; I Benefit Plan); Shasta; United Behavioral Health.</p>
<p><b>New Leaves</b> - Hillsboro, OR</p>	<p>(503)-693-9153</p>	<p>Out of Network Only</p>
<p><b>NW Counseling Associates</b> - Hillsboro, OR</p>	<p>503.444.8230</p>	<p><b>HealthShare (OHP);</b> Aetna/Aetna EAP; First Choice; HealthNet; Humana/LifeSynch; Kaiser; Legacy; MHN; MODA; OHSU Tuality and Associates; Open Card (OHP); Pacific Source; PCHS; Regence/ Blue Cross Blue Shield; Reliant Behavioral Health</p>
<p><b>Portland Anxiety Clinic</b> - Portland, OR (North &amp; West)</p>	<p>503.894.9630</p>	<p>Out of Network Only</p>
<p><b>Restore Therapy</b> - Portland, OR (East)</p>	<p>503.376.7114</p>	<p><b>Health Share (OHP);</b> Kaiser; Pacific Source; PSN; Smart Choice; Smart Alliance; Smart Health; Prime: Legacy + Employee Health Plan; U of O student health Plan; Medi Shield; BrightPath; We do not take the Legacy Health Plan at this time; Blue Cross Blue Sheild Regence of Oregon (psychiatry and psychological testing only); Moda (psychiatry and psychological testing only); Affinity (Psychology only); Beacon; Connexus; Community Care Network; OHSU PPO; Summit (Psychology only); Synergy.</p>
<p><b>Senua Counseling Clinic</b> - Lake Oswego, OR</p>	<p>503.305.5064</p>	<p>Insurance coverage depends on provider (call for more information)</p>

<p><b>Sundstrom Clinical Services</b> - West Linn, OR</p>	<p>503.653.0631</p>	<p>Accepts most major insurance Carriers <b>DO NOT ACCEPT:</b> <i>OHP; Cigna; Great West; Value Options; Kaiser Crime Victims; EAP Programs</i></p>
<p><b>The Children's Program</b> - Portland, OR (Southwest)</p>	<p>503.452.8002</p>	<p>Blue Cross (includes Regence, Anthem, Premera, Federal BC, BCBS); Bridgespan Health; Cigna; HMA; Optum (also known as Providence Behavioral Health and United Behavioral Health), UMR, Aetna (Assurant Health); First Choice Network (Tuality Health Alliance, Meritain, Kaiser Added Choice); Pacific Source.</p>
<p><b>The Hope Connection</b> - Portland, OR - Newberg, OR</p>	<p>503.967.4964</p>	<p>Out of Network Coverage Only</p>
<p><b>Urban Counseling Collective</b> - Beaverton, OR</p>	<p>503.610.2044</p>	<p>Kaiser, Pacific Source, BCBS, Moda</p>
<p><b>Western Psychological Services</b> - Beaverton; Cedar Hills; Gladstone; Gresham; Hillsboro; NE Portland; SE Portland; Tigard; Tualatin</p>	<p>(503) 233-5405</p>	<p><b>Medicaid/OHP</b> and most health insurance plans depending on availability.</p>
<p><b>Willamette Health and Wellness</b> - Portland, OR (East)</p>	<p>503.729.1380</p>	<p>Moda Health, Aetna, Pacific Source, Medicare Advantage Pacific Source, First Choice Health Network, Legacy Health, OHSU PPO-MODA Plan, OHSU Tuality &amp; Associates Network- Moda, and Blue Cross Blue Shield of Oregon</p>

**Medicaid Clinics**

Clinic Name/Location	Phone Number
<p><b>Lifeworks Northwest</b></p> <ul style="list-style-type: none"> <li>- (Multiple Locations throughout Portland area)</li> </ul>	<p>Main intake: 503.645.9010</p>
<p><b>Morrison Child and Family Services</b></p> <ul style="list-style-type: none"> <li>- Portland (East side), Beaverton, Gresham, Salem, Mid-Valley/Albany, Oregon City</li> </ul>	<p>503.258.4381</p>
<p><b>Options Counseling</b></p> <ul style="list-style-type: none"> <li>- Portland, Beaverton, Clackamas, Woodburn, Salem</li> </ul>	<p>541.687.6983</p>
<p><b>Western Psychological Services</b></p> <ul style="list-style-type: none"> <li>- Beaverton; Cedar Hills; Gladstone; Gresham; Hillsboro; NE Portland; SE Portland; Tigard; Tualatin</li> </ul>	<p>(503) 233-5405</p>