

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*
Aiyana Counseling - Portland, OR (Southwest)	503.422.7987	Moda, Aetna, PacificSource and Kaiser Permanente. All other plans are billed as an out of network provider, and Out of Network. Older adolescents and adults, 17 years and older. (Only virtual). Please note that we are unable to bill Medicaid (OHP) or Medicare at this time.
Balance Center for Children and Families - Tigard, OR	503.596.2222	OHP: HEALTHSHARE. Aetna, Beacon Health, Blue Cross Blue Shield, Cascade EAP, Cigna, First Choice Health, Health Share of Oregon, (including CareOregon, Kaiser, and Providence), Humana, Kaiser Permanente, LifeSynch, Moda Oregon Medicaid Fee for Service (i.e. "Open Card" or "DMAP"), Optum (United Health plans), Pacific Source, United Healthcare/United Behavioral Health
Family Ties Counseling Center - Portland, OR (South)	503.349.2281	PacificSource, BCBS, Kaiser, MODA, Out of Network Insurance. Self-Pay: Sliding Scale \$90-130
Firefly Counseling - Hillsboro, OR	503.560.5822	Aetna, Regence Blue Cross Blue Shield, Blue Cross Blue Shield plans, Bridgespan Health Company, Cigna, Crime Victims Compensation, Health Net, MHN, Optum, PacificSource, Providence, UMR, United Healthcare
Lake Oswego Counseling Center (LOCC) - Lake Oswego, OR	503.675.2830	OHP: Yamhill CCO, Health Share, Open Card. Aetna, Regence Blue Cross Blue Shield, Oregon Health Plan, Yamhill Community Care, Trillium, Open Card, Moda, Medicare, First Choice, Pacific Source, Providence, Optum, UMR, and Tricare. We see all ages but prefer 18 years older. Wait time is about 1-2 month. But if you do not see your insurance on this list, please give us a call.

<p>Neurotherapeutics - Oregon City, OR</p>	503.372.5147	<p>Medicaid: DMAP and Health Share/Care Oregon; Aetna, Shasta, Beacon Anthem EAP, Columbia Pacific CCO, Evernorth Behavioral Health aka Cigna, HNFS TriCare, Kaiser, Moda, Pacific Source Commercial, PacificSource Community Solutions, Providence – HealthShare, Providence Commercial, Regence, Samaritan (McMinnville Location Only), Trillium, Community Health Plan, United Behavioral Health, Yamhill Community Care Organization (YCCO). Wait time is 2-6 months. 7 years old and under 4-6 months. 7 years Older 2-4 month.</p>
<p>New Leaves - Hillsboro, OR</p>	(503)-693-9153	<p>Out of Network Only. We will bill: Aetna, Anthem Blue Cross, Regence Blue Cross, Cigna, Moda, Providence and Pacific Source. For all others, you will be provided a Claims form to submit on your own.</p>
<p>NW Counseling Associates - Hillsboro, OR</p>	503.444.8230	<p>HealthShare (OHP); Aetna/Aetna EAP, CareOregon (OHP), Kaiser, Legacy, Lyra, MODA, Providence, OHSU Tuality and Associates, Open Card (OHP), Pacific Source, Regence/Blue Cross Blue Shield. We have the ability to bill most insurances out of network. Prior to your first appointment, we will work with you to verify your OON benefits and provide an estimate of your costs.</p>
<p>Portland Anxiety Clinic - Portland, OR (North & West)</p>	503.894.9630	Kaiser
<p>Restore Therapy - Portland, OR (East)</p>	503.376.7114	<p>Medicaid/OHP; Health Share members must be a therapy client at Restore for a psychiatry referral. If you are looking for medication management, please see this list of contracted providers. Kaiser - (Referral needed, please call 855-632-8280); Kaiser typically refers psychiatry and psychological testing in house although you may advocate for a referral to Restore. Kaiser employees are generally always granted referrals to Restore Pacific Source, PSN, Smart Choice, Smart Alliance, Smart Health, Prime, Legacy + Employee Health Plan, U of O student health Plan, Medi Shield, BrightPath</p>

		<p>*We do not take the Legacy Health Plan at this time.</p> <p>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>Senua Counseling Clinic - Lake Oswego, OR</p>	503.305.5064	Insurance coverage depends on provider (call for more information)
<p>Sundstrom Clinical Services - West Linn, OR</p>	503.653.0631	Accepts most major insurance Carriers DO NOT ACCEPT: <i>OHP; UHC; Cigna; Great West; Value Options; Kaiser Crime Victims; EAP Programs</i>
<p>The Children's Program - Portland, OR (Southwest)</p>	503.452.8002	Aetna - including Meritain, GEHA, WEB TPA, EBMS (plans may have alternate mental health carriers), Blue Cross - Blue Cross/Blue Shield including Regence, Premera, Anthem, Federal Blue Cross, Regence Group Administrators. (*Please note that out of state Blue Cross plans may have alternate mental health carriers), Cigna, HMA, OPTUM (United Healthcare's Mental Health Carrier), Pacific Source, Providence Health Plan, UMR
<p>The Hope Connection - Portland, OR - Newberg, OR</p>	503.967.4964	Out of Network Coverage Only
<p>Urban Counseling Collective - Beaverton, OR</p>	503.610.2044	Kaiser, Pacific Source, BCBS, Moda, MHN, Providence, Aetna, Cigna, Optum, First Choice Health, Lyra.

<p>Western Psychological Services</p> <ul style="list-style-type: none"> - Beaverton; Cedar Hills; Gladstone; Gresham; Hillsboro; NE Portland; SE Portland; Tigard; Tualatin 	(503) 233-5405	Medicaid/OHP and most health insurance plans depending on availability.
<p>Willamette Health and Wellness</p> <ul style="list-style-type: none"> - Portland, OR (East) 	503.729.1380	Moda Health, Aetna, Pacific Source, Medicare Advantage Pacific Source, First Choice Health Network, Legacy Health, OHSU PPO-MODA Plan, OHSU Tuality & Associates Network- Moda, and Blue Cross Blue Shield of Oregon
<p>Wolfpack Therapeutic Services</p> <ul style="list-style-type: none"> - Beaverton, OR 	503.828.3402	Medicaid/OHP and other health insurance plans depending on availability.

Medicaid Clinics

Clinic Name/Location	Phone Number
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<p>Lifeworks Northwest</p> <ul style="list-style-type: none"> - Tigard, Sylvan, St. Johns, Rockwood, Project Network, NE Portland, MLK, Milwaukie, Hillsboro - Walnut Street, Hillsboro - Main Street, Hawthorn Walk-In Center, Gladstone, Beaverton 	<p>Main intake: 503.645.9010 intakereferrals@lifeworksnw.org.</p>
<p>Morrison Child and Family Services</p> <ul style="list-style-type: none"> - Portland (East side), Beaverton, Gresham, Salem, Oregon City 	<p>503.258.4381</p>
<p>Options Counseling</p> <ul style="list-style-type: none"> - Portland, Beaverton, Clackamas, Salem (North & South), Eugene, Florence, Newport, Roseburg, St. Helens 	<p>541.687.6983</p>
<p>LifeStance Health</p> <ul style="list-style-type: none"> - Beaverton; Cedar Hills; Corvallis; Eugene; Gladstone; Gresham; Happy Valley; Hillsboro; Lake Oswego; NE Portland; SE Portland; Tigard; Tualatin 	<p>(503) 233-5405</p>