

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/or the clinic you're considering to confirm in-network insurances.

Clackamas County Clinics:

Clinic Name	Phone Number	Insurance Accepted*
LifeStance Health Tualatin, OR	(503) 612-1000	Aetna, AllianceHealth, BCBS, BC, Regence, CareOregon, CareFirst, Cigna, Kaiser, Providence, Tricare, PacificSource, UHC, Moda
Senua Counseling Clinic Lake Oswego, OR	(971) 232-1120	Kaiser, Moda, PacificSource, Providence, Aetna, Cigna, BCBS
Autumn Counseling Services, LLC Clackamas, OR	(503) 208-5736	CareOregon, BCBS, Aetna, Providence, and PacificSource
Forest Psychological Clinic Lake Oswego, OR	(971) 396-3335	Regence, BCBS, PacificSource, Kaiser
Tualatin Hills Counseling Tualatin, OR	(971) 238-7710	Unknown
Lake Oswego Counseling Center Lake Oswego, OR	(503) 675-2830	Aetna, Regence, BCBS, CareOregon, Moda, FirstChoice, PacificSource, Providence
Sundstrom Clinical Services West Linn, OR	(503) 653-0631	Cigna, CareOregon, UHC

Washington County Clinics:

Clinic Name	Phone Number	Insurance Accepted*
Discovery Counseling Tigard, OR	(971) 222-8166	Providence, PacificSource, Moda, Cigna, Regence, Aetna
Counseling Services of Portland Tigard, OR	(503) 342-2510	Kaiser, Moda, OHP Trillium, PacificSource

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Mindful Therapy Group Tigard, OR	(425) 477-4216	Aetna, CareOregon, Cigna, FirstChoice, Humana, Kaiser, PacificSource, Providence, Regence BCBS, Tricare, UHC,
Sage Counseling Collective Tigard, OR	(971) 238-9442	BCBS, UHC, Cigna, Aetna
Spectrums Family Services Beaverton, OR	(503) 567-1820	Aetna, BCBS, PacificSource, CareOregon
BrightSpire Health Beaverton, OR	(971) 229-4009	Aetna, Anthem, BC, BS, BCBS, Cigna, Kaiser, Moda, Optum, PacificSource, Providence, Regence, UHC
NW Counseling Associates Beaverton, OR	(503) 444-8230	Aetna, CareOregon, Kaiser, Moda, Providence, Pacific Source, Regence, BCBS
The Healing Alliance LLC Beaverton, OR	(503) 481-3512	Aetna, Regence, BCBS, UHC, Tricare, Optum, Moda, Providence, Cigna
Be Heard Counseling Hillsboro, OR	(503) 705-0990	BCBS, Regence, Cigna, UHC, Providence
Firefly Institute Hillsboro, OR	(503) 560-5822	Aetna, Anthem, BC, BS, BCBS, Cigna, Kaiser, Moda, Optum, PacificSource, Providence, Regence, UHC
Still Waters Counseling Services, LLC Hillsboro, OR	(971) 290-2781	Aetna, BCBS, Cigna, CareOregon, Moda, Optum, PacificSource, Providence, Regence, UHC
Options Counseling and Family Services Beaverton, OR	503-352-3260	CareOregon

Yamhill County Clinics:

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Newberg Counseling & Wellness	(503) 994-8424	Kaiser, Providence, Regence BCBS,

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Newberg, OR		PacificSource, Moda, Oregon Health Plan
Fir Counseling, LLC McMinnville, OR	(971) 213-5025	Regence, BCBS, CareOregon, Cigna, First Choice, Moda, PacificSource, Providence, Trillium, UHC, YCCO
The Hope Connection Newberg, OR	(503) 755-8634	CareOregon
Life Counseling McMinnville, OR	(503) 435-4840	CareOregon

Multnomah County Clinics:

Clinic Name	Phone Number	Insurance Accepted*
Family Root Therapy NE Portland, OR	(503) 746-3373	Aetna, BCBS, Cigna, Moda, CareOregon, PacificSource, Providence, Tricare/Triwest.
Healing Steps NE Portland, OR	(503) 927-9194	Aetna, Anthem, BC, BS, BCBS, Cigna, FirstChoice, Kaiser, Optum, PacificSource, Providence, Regence, Tricare, UHC
10 Colors Counseling E Portland, OR	(503) 8932811	CareOregon
LifeStance Health NW Portland, Or	(971) 458-1682	Aetna, AllianceHealth, BCBS, BC, Regence, CareOregon, CareFirst, Cigna, Kaiser, Providence, Tricare, PacificSource, UHC, Moda
Creative Counseling Connection, LLC S Portland, OR	(503) 386-0143	CareOregon
Rose City Therapeutics SW Portland, OR	(503) 908-3012	Optum, CareOregon,

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Happy Valley Counseling NW Portland, OR	(971) 394-3336	Anthem, BCBS, Kaiser, Moda, CareOregon, Providence, Regence
Connections First LLC NW Portland, OR	(503) 427-1952	Kaiser, PacificSource, CareOregon
Eastside Child and Family Therapy Gresham, OR	(503) 208-5288	CareOregon, PacificSource, Moda, Kaiser, Regence, BCBS
The Children's Program SW Portland, OR	(503) 452-8002	Aetna, BC, Cigna, HMA, OPTUM, Providence, and UMR
The Portland Anxiety Clinic SW Portland, OR	(503) 894-9630	BCBS, Regence, FirstChoice, PacificSource
MindTree Holistic Counseling & Wellness Center LLC SW Portland, OR	(503) 966-1556	Aetna, Anthem, BC, BS, BCBS, FirstChoice, Kaiser, Moda, Regence
Family Ties Counseling Center SW Portland, OR	(503) 349-2281	Kaiser, BCBS/Regence, PacificSource, Moda
Options Counseling and Family Services Portland, OR	503-335-5975	CareOregon
Morrison Child and Family Services SE Portland, OR	(503) 258-4200	CareOregon