PRIMARY LOCAL RESOURCES

CRISIS LINES
White Bird Crisis Line: 541-687-4000
Veterans Crisis Line: 1-800-273-8255, press 1
Hourglass Community Crisis Center: 541-505-8426
CAHOOTS in Eugene: 541-682-5111 (Eugene Police non-emergency line. Operates 11 am to 3 am)
CAHOOTS in Springfield: 541-726-3714 (Springfield Police non-emergency line. Operates Noon to 11:30 pm)
Crisis Assistance Helping Out On The Streets (May also be dispatched by 911 dispatchers.)
Womenspace Crisis Line: 541-485-6513
Sexual Assault Support Services (SASS) Crisis Line: 541-343-7277; 800-788-4727
WellMama Warm Line: 800-896-0410
Looking Glass Youth & Family Crisis Line: 541-689-3111
National Suicide Prevention Lifeline: 800-273-8255
Trevor Lifeline (for LGBTQ+ youth): 866-488-7386

MEDICAL
Sacred Heart Medical Center at Riverbend: 541-222-7300, 3333 Riverbend Dr, Springfield
Volunteers In Medicine, Appointments and Eligibility: 541-685-1800, 2260 Marcola Road, Springfield
Provides free medical services
Community Health Centers of Lane County – 541-682-3550
Primary care family practice clinics serving the residents of Lane County. Accept OHP/Medicaid, Medicare, commercial insurance and uninsured/self-pay patients. Visits require appointments. Clinics include:
Riverstone Clinic, 2073 Olympic St., Springfield
Charneiton Community Clinic, 151 W. 7th Ave #100, Eugene
Springfield Schools Health Center, 1050 10th Street, Springfield
LCBHS Primary Care, 2411 Martin Luther King Jr. Blvd., Eugene
Willamette Family: 541-762-4300, 195 W 12th Ave, Eugene
Offers primary medical care and takes OHP
HIV Alliance: 541-342-5088, 1195a City View St, Eugene

MENTAL HEALTH SERVICES
Willamette Family RAC: 541-762-4300, 195 W 12th Ave, Eugene
Willamette Family Rapid Access Center has same-day treatment services for mental health, drug/alcohol abuse as well as individual and group counseling and medication titration, OHP accepted
Lane County Behavioral Health Services: 541-682-3608, 2411 Martin Luther King Jr. Blvd., Eugene
LCBHS encompasses a broad array of services and programs, including commitment information, foster home resources, and children's services
PeaceHealth Behavioral Health Services (University District): 541-686-7058, 770 E. 11th Avenue, Eugene
White Bird Clinic – 541-342-8255, 341 E 12th Ave, Eugene
Low Cost Medical Clinic / Chrysalis Drug Treatment, Alcohol & Drug Counseling / Low Cost Dental Clinic / Counseling / Homeless Health Care (Physical & Behavioral Health) / Human Services Training Courses & on-the-job training

Updated 4/1/2019
COUNSELING

Center for Community Counseling: 541-344-0620, 1465 Coburg Rd., Suite 1, Eugene
  Non-profit organization providing affordable counseling
Center for Family Development – 541-342-8437, 1258 High Street, Eugene
  Mental health and substance abuse treatment
Centro Latino Americano: 541-687-2667, 944 W 5th Ave, Eugene
  Spanish-speaking staff available
HIV Alliance: 541-342-5088, 1195a City View St, Eugene
  Free or reduced rate counseling services for individuals who identify as LGBTQ and have OHP
Options Counseling and Family Services: 541-687-6983, 1255 Pearl St., #102, Eugene
  Individual and group therapy for children, adolescents, adults, and families; Oregon Health Plan, health insurance
  and private pay
Northwest Christian University Counseling Center: 541-349-7471, 828 E 11th Ave, Eugene
  Individual counseling sessions for $5.00. Call for appointment. May request Christian or non-Christian oriented
  counseling.
South Lane Mental Health: 541-942-3939, 1345 Birch Ave, Cottage Grove
  Counseling and crisis services for South Lane County
Vet Center: 541-465-6918, 190 E 11th Ave, Eugene
  Counseling and mental health service to veterans
Willamette Family: 541-762-4300, 195 W 12th Ave, Eugene
  Same-day treatment services for mental health and drug/alcohol abuse as well as individual and group counseling
  and medication titration. OHP accepted and same-day appointments available

SUPPORT ORGANIZATIONS

NAMI Lane County: 541-343-7688, 2411 Martin Luther King Jr. Blvd, Eugene
  Educational classes and support groups for persons experiencing mental health issues and their families, multiple
  locations throughout the community with resource libraries and referral information
Early Assessment and Support Alliance: 541-682-7561
  Help to identify, support, and refer for care young people (15-25) whose symptoms are consistent with the onset
  of a psychotic illness such as schizophrenia or bipolar disorder.
Depression and Bi-Polar Support Alliance (DBSA): 541-632-3173 or harding.cb@gmail.com
  Group meets 2nd and 4th Mondays from 7-8:30 pm. First United Methodist Church, 1376 Olive St., Eugene
Lane Independent Living Alliance (LILA) Peer Support Club: 541-607-7020, 20 E. 13th Avenue, Eugene,
  email: lila@lilaoregon.org
Eugene Dual Diagnosis Anonymous: Contact Tina at 541-485-6340, 2145 Centennial Plaza, Eugene
  (Mental illness and drug addiction) Tuesdays and Thursdays from 2-3 pm
Oregon Family Support Network (OFSN): 541-342-2876, 72A Centennial Loop # 150, Eugene
  For families of children with emotional, behavioral, or mental health needs
The Arc Lane County: 541-343-5256, 4181 E St, Springfield
  Support services and advocacy for individuals living with developmental disabilities
Trauma Healing Project: 541-687-9447, 1100 Charnelton, Eugene
  Support, education, and body work services to promote trauma healing. Sliding scale prices.
Parenting Now!: 541-484-5316, 86 Centennial Loop, Eugene
  Support and education services for new parents and families

AFFORDABLE HOUSING & OTHER SERVICES FOR PERSONS WITH MENTAL HEALTH ISSUES

ShelterCare: 541-686-1262  Waiting List: 541-741-7726
St. Vincent DePaul: 541-485-9759
Laurel Hill Center: 541-485-6340
Halfway House Services: 541-343-5831
Square One: 541-606-4455
Cornerstone: 541-606-4455
Homes For Good: 541-682-3755

OTHER COMMUNITY RESOURCES

Lane Transit (Bus): 541-687-5555
Ridsource: 541-682-5566
Food for Lane County: 541-343-2822
Eugene Mission: 541-344-3251