



National Alliance on Mental Illness

nami Lane County

2411 Martin Luther King, Jr. Blvd., Eugene, OR 97401

541.343.7688 • www.namilane.org

Open Monday-Thursday from 10 AM – 2 PM

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

Charnelton 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

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

Ridesource: 541-682-5566

Food for Lane County: 541-343-2822

Eugene Mission: 541-344-3251