

# Behavioral Health Focus- Quick Guide

## Washington County Crisis Line: 503-291-9111

If you or someone else is in immediate danger of harming oneself or someone else-  
Call 911 or go to the nearest emergency department.

If you or someone you care about is in a behavioral health crisis, call the Washington County Crisis Line. The crisis line is answered 24/7 and can contact the Crisis Team. The Crisis Team staff can see individuals at the Hawthorn Walk-In Center to provide crisis intervention as well as brief follow-up services.



**Mental Health & Addictions Care**  
Please call ahead prior to arriving onsite  
**(503) 846-4555**

The Hawthorn Walk-In Center is Washington County's behavioral health urgent care center, located at: **5240 NE Elam Young Parkway, Suite 100 in Hillsboro** next to the Hawthorn Farm MAX stop. *Services are provided at no cost to the individual regardless of insurance.*

The Oregon Health Plan (OHP) is open to all children and teens younger than 19, regardless of immigration status who meet income and other criteria.

CareOregon manages the behavioral health benefit for Health Share of Oregon members. For questions about accessing BH services, contact CareOregon at 503-416-4100.

Health Share Behavioral Health Provider Directory: <https://healthshare-bhplan-directory.com/>

Trillium Community Health Plan is available in Washington County as a OHP coordinated care organization. For questions about accessing services, contact Trillium at 1-877-600-5472 or <https://www.trilliumohp.com/contact-us.html>.

Trillium Provider Directory: <https://findaprovider.trilliumhealthplan.com/>

## Accessing Behavioral Health Benefits Through Your Private Insurance

Call the member services number on your insurance card. Ask about you plan: benefits, co-pays, covered behavioral health services and contact information for agencies or therapists.

Do you have Employee Assistance Program (EAP) benefits through your employer?  
Ask Human Resources if your EAP offers free mental health counseling.

## Oregon Safe+Strong Helpline

*Need emotional and mental health help right now?*

If you or someone you love is struggling, call the Safe + Strong Helpline:  
Call 1-800-923-HELP (4357).  
Information available in multiple languages.  
Visit [www.safestrongoregon.org](http://www.safestrongoregon.org)

## Racial Equity Support Line 503-575-3764

Available weekdays from 10am to 7pm, PST. Hosted by Lines for Life.

The Racial Equity Support Line is a service led and staffed by people with lived experience of racism. Offering support to those who are feeling the emotional impacts of racist violence and microaggressions, as well as the emotional impacts of immigration struggles and other cross-cultural issues. Many of us experience racism every day. Experiencing racism can harm our mental wellness. Support is here.



# Washington County Community Resources

## Information and Referral – 211

[www.211info.org](http://www.211info.org)

Call: 211

Text: your zip code to 898211

[help@211info.org](mailto:help@211info.org)

Comprehensive information and referral to social services for individuals via the telephone.

## The Dougy Center- The National Center for Grieving Children and Families

[www.dougy.org](http://www.dougy.org)

Email: [help@dougy.org](mailto:help@dougy.org)

503-775-5683

230 NE 2nd, Suite E, Hillsboro, 97124

Support groups and education resources for children, teens, young adults & their families grieving a death.

## SHARE Center Sherwood Family Resource

503-825-5480

Spanish 503-825-5482

Sherwood Middle School Campus- Portable 46

21970 SW Sherwood Blvd., Sherwood, 97140

Information & referrals: food, clothing, counseling, medical, healthy child development, and housing.

## Tigard/Tualatin Family Resource Center

503-603-1585

9000 SW Durham Rd., Portable #716, Tigard, 97224

Provides information and referral, clothing, parenting and English classes, employment assistance and hygiene supplies.

## Parenting Together Washington County

[www.parentingtogetherwc.org](http://www.parentingtogetherwc.org)

Visit the website to uncover a world of parenting resources for parents, caregivers & professionals-classes, workshops, and family friendly activities.

## Community Action

[www.caowash.org](http://www.caowash.org)

Energy Assistance- Check website for availability

No Heat or electricity- 503-615-0771

Housing Assistance

Emergency 72 hour notice: 503-615-0770

Homeless Community Connections: 503-640-3263

Head Start Enrollment support: available online

Prenatal Help: 503-726-0879

Emergency Food Boxes: 503-640-3263

Rental Well and Financial Education Classes information available on website.

## Child Abuse Hotline- DHS/Child Welfare

1.855.503.SAFE (7233)

Report suspected child abuse to a DHS Child Welfare screener; be ready to provide identifying information & whereabouts of the child, if known.

## Domestic Violence Resource Center (DVRC)

[www.dvrc-or.org](http://www.dvrc-or.org)

503-469-8620 or 800-469-8600 Crisis Line

503-640-5352 Counseling Intake

Counseling and resources for survivors of domestic violence and their children.

## National Alliance for Mentally Ill (NAMI)

[www.namiwash.org](http://www.namiwash.org)

503-356-6835

18680 SW Shaw Street Aloha, 97007

Advocacy and education. Support groups, classes and information and referral.

## The 4th Dimension Recovery Center

[www.4drecovery.org](http://www.4drecovery.org)

362 SW Oak St, Hillsboro, 97123

4D is a Recovery Community Organization (RCO) for young people aged 18 to 35 who are interested in support for a clean and sober lifestyle. 4D offers individuals the unique opportunity to socialize and connect through fun events, skill-building activities, health and wellness support, and mutual-aid recovery meetings.

## COVID-19 updates and information for Washington County

<https://www.co.washington.or.us/covid-19>