

## Mental Health Resources During COVID-19

Organization	Services during COVID19
Oregon Department of Human Services	Available through office phone lines for food stamps, Medicaid insurance, child welfare, and unemployment. Call <b>(541) 386-3199</b> . Open M-F 8-5
Alcoholics Anonymous	<a href="https://www.gorgeaa.org/">https://www.gorgeaa.org/</a> Online schedule for women and men meetings Zoom meetings offered 7 days/week AA Hotline <b>1-833-423-3863</b> (1-833-HAD ENUF)
Narcotics Anonymous	<a href="https://www.gorgeaa.org/">https://www.gorgeaa.org/</a> Online schedule for meetings Call <b>(800) 429-7690</b>
Community Action Program	Gorge Outreach is assisting with Hotel vouchers For referral call <b>971-238-4438</b>
Mid-Columbia Housing Authority	Email: <a href="mailto:info@mid-columbiahousingauthority.org">info@mid-columbiahousingauthority.org</a> Website: <a href="https://www.mid-columbiahousingauthority.org/">https://www.mid-columbiahousingauthority.org/</a>
The Next Door	<b>FREE Mental Health Crisis Line: 541-308-7110</b> M-F 9-5pm. Until June 1st. Zoom & Teams Available. Offering ongoing mental and behavioral health services for youth and families with OHP, also have therapists who specialize in work with youth and substance use disorder.
Mid-Columbia Center for Living	<b>24 Hour Crisis Line 1-888-877-9147</b> <b>FREE Warm Line</b> for non-crisis support specifically for Children and Families <u>Hood River:</u> Call <b>541-386-2620</b> Tues 1-3pm (English only) Thurs 9-11 am (English and Spanish) <u>Sherman County:</u> Call <b>541-565-3149</b> Tue 1-3pm (English & Spanish) Thurs 9-11am (English & Spanish) <u>Wasco County:</u> Call <b>541-296-5452</b> Tues 1-3pm (English Only) Thurs 9-11am (English & Spanish)
Helping Hands Against Violence	Local hotline <b>541-386-6603</b> National Domestic Violence Hotline: <b>1-800-799-7233</b> Email: <a href="mailto:advocate@helpinghandsoregon.org">advocate@helpinghandsoregon.org</a> Offering most shelter services & telecommunication
One Community Health (Hood River and The Dalles)	<b>FREE</b> phone or video Telehealth for patients. Addressing stress, health behaviors, mental health, and substance use. New patients can establish care after counseling. Call or text “ <b>#talk2020</b> ” to schedule at <b>541-386-6380</b> M-F 8-5:30

Providence Gorge Counseling and Treatment Services	Call <b>541-387-6138</b> . Offer Telehealth. We have staff on-call <b>24/7 for crisis intervention.</b>
Private Therapists in The Gorge	Website: <a href="http://therapyinthegorge.com">therapyinthegorge.com</a> Search therapist by location and insurance. Website is up to date on which therapists provide Telehealth with video (most offer tele-counseling via phone), and who is accepting new patients.
Northshore Medical Group	Tessa Wallace, LCSW--all payors Kim Thomson, LCSW--all payors Emily Mysogland, MSW--Medicaid only Karin Guertin, MSW--Medicaid only  All are doing telehealth, all currently taking new patients. Call <b>509-493-2133</b>