FREE RESOURCES

Support Resources for the Hispanic and Latino Community

Therapy, addiction and health insurance, all in one place.

> If there is immediate danger, call 911. For emotional support right now, call or text 988 (press 2 for Spanish).

CRISIS AND IMMEDIATE SUPPORT

Free, confidential and available now.

988 Suicide & Crisis Lifeline

24/7 · Spanish · Free

Free, confidential support 24 hours a day by call, text or chat. Spanish-speaking counselors are available.

PHONE 988 (press 2 for Spanish) · Text AYUDA to 988
WEBSITE 988lifeline.org/es

Crisis Text Line

24/7 · Free

Free text support 24 hours a day with a trained crisis counselor.

PHONE Text HOLA to 741741
WEBSITE crisistextline.org/es

Disaster Distress Helpline (SAMHSA)

24/7 · Spanish · Free

Emotional crisis support for people affected by a disaster or a very hard situation.

PHONE 1-800-985-5990 (press 2 for Spanish)
WEBSITE samhsa.gov

National Domestic Violence Hotline

24/7 · Spanish · Free

Confidential support for people living with violence in a relationship or at home. Spanish is available.

PHONE 1-800-799-7233 · Text START to 88788
WEBSITE espanol.thehotline.org

National Sexual Assault Hotline (RAINN)

24/7 · Spanish · Free

Confidential support for survivors of sexual assault and for their loved ones.

PHONE 1-800-656-4673 (Spanish available)
WEBSITE rainn.org

The Trevor Project

24/7 · LGBTQ+ · Youth

Crisis support for LGBTQ+ young people by phone, text or chat.

PHONE 1-866-488-7386 · Text START to 678-678
WEBSITE thetrevorproject.org

Trans Lifeline

Trans people · Peer support

Peer support line for trans people, with Spanish available.

PHONE 1-877-565-8860
WEBSITE translifeline.org

AgriStress Helpline for Oregon

24/7 · Oregon · Spanish

Free, confidential crisis support for people who work in farming, ranching, fishing and forestry, and for their families. Calls have interpreters and text is available in Spanish.

PHONE 833-897-2474 (call or text)
WEBSITE extension.oregonstate.edu/es/agristress-helpline-oregon

THERAPY AND MENTAL HEALTH

To talk with someone or find a therapist.

NAMI HelpLine (National Alliance on Mental Illness)

Spanish · Support groups

Information, resources and support about mental health, Monday to Friday, 10 a.m. to 10 p.m. Eastern. Support groups are available in Spanish. It is not a crisis line: in a crisis, call 988.

PHONE 1-800-950-6264 · Text HelpLine to 62640
WEBSITE nami.org/help

Latinx Therapy

Directory · Bilingual

Bilingual national directory of Latino therapists in private practice, with a sliding-scale option.

PHONE No phone line: search on the website
WEBSITE latinxtherapy.com

Therapy for Latinx

Directory

Directory of therapists who serve the Latino community, with filters for location, specialty and payment.

PHONE No phone line: search on the website
WEBSITE therapyforlatinx.com

Open Path Psychotherapy Collective

Low cost · Online

Nonprofit network of therapists with reduced-fee sessions for people without insurance or with limited coverage. There is a one-time membership fee.

PHONE No phone line: sign up on the website
WEBSITE openpathcollective.org

Racial Equity Support Line (Lines for Life)

Oregon · People of color

Emotional support for people of color in Oregon. Monday to Friday, 10 a.m. to 7 p.m.

PHONE 503-575-3764
WEBSITE linesforlife.org/equity

ADDICTION AND RECOVERY

Help for you or someone in your family.

SAMHSA National Helpline

24/7 · Spanish · Free

Information and treatment referral for mental health and substance use. Free, confidential, 24 hours a day, in Spanish and English.

PHONE 1-800-662-4357 (HELP)
WEBSITE samhsa.gov/linea-nacional-ayuda

Alcohol & Drug Helpline (Lines for Life)

24/7 · Oregon · Spanish

Support, information and treatment referrals for people in Oregon. Free, confidential and open 24 hours a day.

PHONE 1-800-923-4357 · Spanish: 1-877-515-7848
WEBSITE linesforlife.org

Alcoholics Anonymous in Spanish

Spanish · Free

Free peer support meetings for people with alcohol problems. Find meetings near you or online.

PHONE Main office: 212-870-3400
WEBSITE aa.org/es

Narcotics Anonymous

Free

Peer support groups for recovery from drug addiction.

PHONE World office: 818-773-9999

WEBSITE na.org

Al-Anon

Families

Support groups for family members and friends of people with alcohol problems.

PHONE 1-888-425-2666 (Monday to Friday, 8 a.m. to 6 p.m. Eastern)

WEBSITE al-anon.org

HEALTH INSURANCE AND LOW-COST CARE

To connect with insurance or care based on your income.

Oregon Health Plan (OHP)

Oregon

Oregon's health and dental coverage for people who qualify.

PHONE Applications: 800-699-9075 · Members: 800-273-0557

WEBSITE ohp.oregon.gov

Healthier Oregon

Oregon Free

Free health coverage offered by the State of Oregon. Ask if you qualify.

PHONE 1-800-273-0557

WEBSITE oregon.gov/HealthierOregon

Oregon Health Insurance Marketplace

Oregon Spanish

Help comparing and enrolling in a health plan, with free local help and Spanish service. Monday to Friday, 8 a.m. to 5 p.m.

PHONE 855-268-3767

WEBSITE cuidadodesalud.oregon.gov

HealthCare.gov (Spanish site: CuidadoDeSalud.gov)

24/7 Spanish

Enrollment in federal Marketplace health plans and help with costs.

PHONE 1-800-318-2596 (TTY: 1-855-889-4325)

WEBSITE cuidadodesalud.gov

Community health centers (HRSA)

Low cost · No insurance

Medical and dental care with fees based on your income, with or without insurance. Many centers also offer mental health care. Find the closest one by ZIP code.

PHONE 877-464-4772 (Monday to Friday, 8 a.m. to 8 p.m. Eastern)

WEBSITE findahealthcenter.hrsa.gov

211info (Oregon and southwest Washington)

Oregon · 24/7

Free guidance on local resources: health, housing, food, transportation and more.

PHONE Dial 211 · Text your ZIP code to 898211

WEBSITE 211info.org

Medicare and SHIBA (age 65 or older)

Age 65 or older

Information about Medicare enrollment and coverage. In Oregon, the SHIBA program offers free help with Medicare.

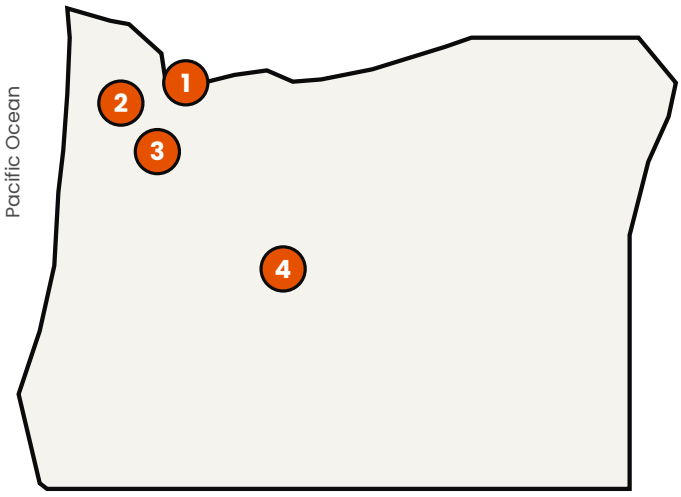
PHONE Medicare: 1-800-633-4227 · SHIBA Oregon: 800-722-4134

WEBSITE medicare.gov

MAP OF OREGON

Find your county

Tap a county name, or scan its QR code with your phone camera, to open the county map.



Schematic map: not to scale. The QR codes open the official county map in Google Maps.

1 **Portland area**
Portland, Gresham, Oregon City
SCAN TO OPEN THE MAP

2 **Washington County**
Hillsboro, Beaverton, Cornelius, Forest Grove,
SCAN TO OPEN THE MAP

3 **Marion County**
Salem, Woodburn, Silverton, Keizer
SCAN TO OPEN THE MAP

4 **Bend (Deschutes)**
Bend, Redmond, Sisters, La Pine
SCAN TO OPEN THE MAP

1 Portland area (Multnomah and Clackamas counties)

Cities: Portland, Gresham, Oregon City

Open the county map

Multnomah County Latine Mental Health Line and Behavioral Health Call Center

24/7 · Latine line · Free

Free, confidential crisis support 24 hours a day. The Latine line serves the Latino community; the call center offers interpretation in other languages.

PHONE Latine line: 503-988-4853 · Call center: 503-988-4888

WEBSITE multco.us/behavioral-health

Mental Health Urgent Walk-In Clinic (Cascadia Health)

Walk-in · Free

Immediate, in-person care for a mental health crisis at no cost to anyone. Hours can change: call the call center first.

PHONE Call first: 503-988-4888

ADDRESS 4212 SE Division St, Portland, OR

WEBSITE multco.us/behavioral-health

Cascadia Behavioral Healthcare

Spanish · No insurance

Mental health and addiction treatment at several Portland clinics, including for people who are uninsured, underinsured or undocumented.

PHONE 503-674-7777 (appointment line)

WEBSITE cascadiabhc.org

El Programa Hispano Católico (Catholic Charities)

Spanish · Mental health

Mental health treatment in Spanish, with navigators and health promoters. Offices in Portland and Gresham.

PHONE 503-669-8350

ADDRESS 2740 SE Powell Blvd, Portland, OR

WEBSITE catholiccharitiesoregon.org

Proyecto UNICA (El Programa Hispano)

24/7 · Bilingual · Free

24-hour bilingual crisis line for victims of sexual assault. Hospital accompaniment in Multnomah and Washington counties, support and free mental health services.

PHONE 503-232-4448

WEBSITE ocadsv.org (Proyecto UNICA)

Familias en Acción

Latino community · Health

Latino-led organization that promotes health: community health workers, food equity advocacy and sexual health education (HIV and STIs). Offers Latinx mental health resources.

PHONE 503-201-9865
ADDRESS 2710 NE 14th Ave, Portland, OR
WEBSITE familiasenaccion.org

Latino Network

Portland · Families

Latino-led education and family support organization with community resources and the "Protect your Family" guide.

PHONE 503-283-6881
WEBSITE latnet.org

Pueblo Unido PDX

Oregon · No cost

Connects people with vulnerable immigration status to legal, social and Indigenous-language interpretation services. No cost.

PHONE 503-360-0324
ADDRESS 3439 SE Hawthorne Blvd #327, Portland, OR
WEBSITE pueblounidopdx.org

Portland Immigrant Rights Coalition (PIRC)

24/7 · Oregon · Immigration

Rapid response line and support during immigration enforcement. Offers information and referrals to community services.

PHONE 1-888-622-1510
WEBSITE pircoregon.org

Clackamas County Behavioral Health

24/7 · Clackamas

Mental health, therapy and a crisis line for people who live in Clackamas County. Office in Oregon City.

PHONE Crisis: 503-655-8585 · Office: 503-742-5335
ADDRESS 2051 Kaen Rd, Oregon City, OR
WEBSITE clackamas.us/behavioralhealth

2 Washington County

Cities: Hillsboro, Beaverton, Cornelius, Forest Grove, Tigard

Open the county map

Washington County Crisis Line

24/7 · Spanish · Free

Free mental health crisis support 24 hours a day in Spanish and English, with bilingual, bicultural clinicians for the Latine community and mobile response. If you have no coverage and a low income, ask about free services. Hawthorn Walk-In Center: call first.

PHONE 503-291-9111
ADDRESS 5240 NE Elam Young Pkwy, Hillsboro, OR
WEBSITE washingtoncountyor.gov/behavioral-health

LifeWorks NW

Spanish · Addiction

Mental health and addiction treatment in Beaverton and Hillsboro, with Spanish-speaking outpatient addiction treatment.

PHONE 503-645-9010
WEBSITE lifeworksnw.org

Fora Health (Hillsboro)

Spanish · Addiction

Outpatient counseling and medication treatment for addiction, with Spanish service. Accepts OHP and offers a sliding fee scale.

PHONE 503-535-1151
WEBSITE forahealth.org

Solutions Group NW (Beaverton)

Spanish · Addiction

Outpatient addiction and problem gambling treatment, in Spanish and English.

PHONE Spanish: 971-703-6500 · English: 503-626-1800
WEBSITE solutionsgroupnw.com

Lutheran Community Services Northwest (Beaverton)

Many languages · Beaverton

Counseling and mental health services in several languages, including multicultural counseling. People without coverage and with low income can also ask for information at 503-291-9111.

PHONE 503-924-2448
ADDRESS 3800 SW Cedar Hills Blvd, Suite 288, Beaverton, OR
WEBSITE lcsnw.org

Virginia Garcia Memorial Health Center

Oregon · Health care

Community health center serving Washington and Yamhill counties, with an emphasis on migrant and seasonal farm workers and people who face barriers to care.

PHONE 503-352-8610
WEBSITE virginiagarcia.org

Adelante Mujeres

Oregon · Washington County

Services for Latino and immigrant families: emergency food, financial help and job training.

PHONE 503-992-0078
WEBSITE adelantemujeres.org

Centro Cultural

Cornelius · Hillsboro

Services for Latino and immigrant families, including community health and wellness.

PHONE Cornelius: 503-359-0446 · Hillsboro: 503-336-9895
ADDRESS 1110 N Adair St, Cornelius, OR
WEBSITE centrocultural.org

3 Marion County

Cities: Salem, Woodburn, Silverton, Keizer

Open the county map

Marion County Behavioral Health Crisis Center

24/7 · Salem · Woodburn

Crisis support 24 hours a day for anyone, even if you are not a patient. Spanish service is available in Woodburn. Woodburn center hours can change: call first.

PHONE Crisis: 503-585-4949 · Woodburn, Spanish: 503-981-5851
ADDRESS 976 N Pacific Hwy, Woodburn, OR
WEBSITE co.marion.or.us/HLT/MH

Marion County Behavioral Health

Spanish · Addiction · Youth

Mental health and addiction services for adults, youth and families. The Woodburn office offers bilingual services in Spanish and English.

PHONE Adults: 503-588-5351 · Addiction: 503-588-5358 · Youth and families: 503-576-4676
WEBSITE co.marion.or.us/HLT/MH

Center for Hope & Safety

24/7 · Salem · Free

Support for survivors of domestic violence, sexual assault, stalking and human trafficking: safety planning, emotional support and more. Woodburn office by appointment.

PHONE 24-hour hotline: 503-399-7722 · Office: 503-378-1572
ADDRESS 605 Center St NE, Salem, OR
WEBSITE hopeandsafety.org

Bridgeway Recovery Services

Addiction · Salem

Addiction recovery, problem gambling treatment, mental health therapy and primary medical care.

PHONE 503-363-2021
ADDRESS 750 Front St NE, Salem, OR
WEBSITE bridgewayrecovery.com

Salud Medical Center (Yakima Valley Farm Workers Clinic)

Health · Woodburn

Community health clinic in Woodburn.

PHONE 503-982-2010
ADDRESS 1175 Mt. Hood Ave, Woodburn, OR
WEBSITE yvfwc.com

PCUN – Farmworker Services Center

Woodburn · Immigration

Services for farmworkers and Latino families in Woodburn, including immigration legal help (ask about the consultation fee).

PHONE 503-982-0243
ADDRESS 300 Young St, Woodburn, OR
WEBSITE pcun.org

Mano a Mano Family Center

Oregon · Salem

The oldest Latino-led community organization in Salem-Keizer, founded in 1988.

PHONE 503-363-1895
ADDRESS 3850 Portland Rd NE, Salem, OR
WEBSITE manoamanofc.org

4 Deschutes County (Bend)

Cities: Bend, Redmond, Sisters, La Pine
Open the county map

Deschutes County Crisis Line and Stabilization Center

24/7 · Free

Mental health crisis support 24 hours a day. For Spanish, call 988 and press 2. The Stabilization Center takes walk-ins (63311 Jamison St); for non-emergencies: 541-585-7210.

PHONE 541-322-7500, ext. 9 · 800-875-7364
ADDRESS 63311 Jamison St, Bend, OR
WEBSITE deschutes.org/health/page/behavioral-health

Deschutes County Behavioral Health

Bend · Addiction

Individual, family and group counseling, mental health evaluations and substance use counseling. Monday to Friday, 8 a.m. to 5 p.m.

PHONE 541-322-7500
ADDRESS 2577 NE Courtney Dr, Bend, OR
WEBSITE deschutes.org/health/page/behavioral-health

Latino Community Association (LCA)

Spanish · Latino community

Organization that supports Latino families in Crook, Deschutes and Jefferson counties: information and referrals, help enrolling in OHP and getting benefits, and Medicare support. Spanish service.

PHONE 541-382-4366 · First-time OHP applicants: 541-788-2050
ADDRESS 2680 NE Twin Knolls Dr, Suite 110, Bend, OR
WEBSITE latinocommunityassociation.org

Mosaic Community Health

Health · Bend

Community health clinic in Bend, with medical care and mobile medical services.

PHONE 541-383-3005
WEBSITE mosaicch.org

Volunteers in Medicine Cascades

Health · Bend

Health care in Bend. Call to find out if you qualify.

PHONE 541-330-9001
WEBSITE vim-cascades.org

Serenity Lane

Addiction · Bend

Free evaluation and addiction treatment, with outpatient and inpatient services.

PHONE 541-383-0844
WEBSITE serenitylane.org

Before you call

Phone numbers and hours can change. Please confirm on each organization's website. Sanar Network is not affiliated with these organizations and receives no payment from them. This list is informational and does not replace professional care.

FIND A BILINGUAL PROVIDER

The Sanar Network directory

Search by language, specialty and insurance, or ask our team for help.

sanarnetwork.com

Questions? info@sanarnetwork.com