



Counselor Referral List

MyCounselor.online

Anxiety/depression, marriage counseling, family counseling
Virtual only | Men, Women, Couples | Private Pay

Will Hale, LMFT associate 971-430-5017 | WillHaleCounseling.com

Anxiety/depression, infidelity & affair recovery, relationship issues,
In-Person/Virtual | Men, Women, Couples | Private Pay

Carolyn Lu, MA, LPC 503-477-0449 | www.carolynlu.net

Anxiety/depression, addiction, relationship issues, EMDR
In-Person/Virtual | Men, Women, Couples | Private Pay, Super-bill

Alan Rutherford, MA, LPC 971-978-8787 | Alanrutherfordlpc.com

Anxiety/depression, trauma, relationship issues
In-Person/Virtual | Men, Women, Couples | Private Pay

Jennifer Forster, MA, LPC Asc. 503-217-4542 | Forstercounseling.com

Anxiety/depression, trauma, EMDR
Virtual only | Women, Couples, Adolescents | Private Pay

Alan Wheatley, LPC 971-231-4611 | mtnviewcounseling.com

Sexual Addiction, Anxiety/Depression, Trauma, EMDR
In-Person/Virtual | Men, Women, Couples | Private Pay, Super-bill

Grace Clinic 503-928-4777 | graceclinic.org

Anxiety/depression, trauma, addiction, parenting
In-Person/Virtual | Men, Women, Couples | Private Pay

Core Values Counseling 503-869-8108 | CoreValuesCounseling.com

Anxiety/depression, trauma, ADHD, relationship, neuro-feedback
In-person/Virtual | Couples, Adults, Teens, Children | Private Pay

WayPoint 503-773-8600 | Waypointpdx.com

Anxiety/depression, trauma, EMDR, Relationship issues
In-Person/Virtual | Men, Women, Couples | Private Pay

Living Wholehearted 503-610-3676 | Livingwholehearted.com

Anxiety/depression, trauma, addiction, parenting
In-Person/Virtual | Men, Women, Couples | Private Pay



LifeStance Health (Western Psychological) 503-233-5405 | westernpsych.com
Outpatient mental health, addiction, ADHD, Autism, psychological evaluations
In-Person/Virtual | Men, Women, Couples | Insurance & Private Pay

Cornerstone Clinical Services 503-786-1711 | CornerstoneClinicalServices.com
psychological assessment, psychiatric mental health nurse practitioners
In-Person/Virtual | Men, Women, Couples | Insurance & Private Pay

Trillium Family Services 888-295-6996 | Trilliumfamily.org
Children only, inpatient & residential
In-person | Children | Private pay

The Children's Center 503-655-7725 | Childrenscenter.cc
Child abuse recovery & assessments, trauma, parenting
In-person | Children | Private pay & insurance

Emergency Services: Dial 9-1-1

County Crisis Lines (24-hour)

- ❖ **Clackamas County:** 503-655-8585
- ❖ **Multnomah County:** 503-988-4888
- ❖ **Washington County:** 503-291-9111

Suicide Prevention Lines

- ❖ **Suicide Hotline:** 9-8-8
- ❖ **Oregon Youth Line -Teen peer support:** 1-877-968-8491 or Text TEEN2TEEN 839863
- ❖ **VA Suicide Prevention Team:** 503-402-2857

Veterans

- ❖ **Veterans Crisis Line:** 1-800-273-8255 or Text 838255
- ❖ **Military Helpline:** 1-888-457-4838
- ❖ **VA Mental Health Triage Unit:** 503-220-8262

Domestic Violence

- ❖ **Domestic Violence Crisis Line:** 503-469-8620