

African American Mental Health Practitioners

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Created by Jonicia J. Shelton

Name	Website	Contact Information	Insurance	Treatment Specialization
Alice Williams, LMFT, LPC	http://www.abalancematters.com/	12655 SW Center Street, Suite 470 Beaverton, OR 97005 P: 503.227.2150 F: 888.972.8764 alice.balancematters@gmail.com		Consulting and Training only!
Alisha Kelley, LCSW	www.alishakelleylcsw.com	1701 N. Lombard Portland Or 97217 P:971-377-9605	Atena, United health care, Cigna, Optum, OHP, Moda, Providence	13 years old- Adults
Anchor Within Counseling, LCSW	https://www.anchorwithincounseling.com/	Anchor Within Counseling 8383 NE Sandy Boulevard Suite 110B Portland, OR 97220 Fayanna Johnson (971) 373-4085	Aetna, BlueCross and BlueShield, Cigna and Evernorth, First Choice Health FCH, Medicaid, Oregon Health Plan (OHP), PacificSource, Providence, Regence, TRICARE, Out of Network	Preteen- Adults Couples and Families
Andre Pruitt, LCSW	http://www.rusticsage.org/contact.html	P: 503-860-1213 W: andrepruitt@rusticsage.org E: pruittan@gmail.com	Kaiser	Adults Depression, Anxiety, Grief & Loss LGBTQI2-S, CBT,
Andrea Rosemarie Redeau, LPC	https://www.uycounseling.org/	Uniquely You Counseling 4424 Northeast Glisan Street Portland, OR 97213 P: 971.264.7626	Pacific Source, Out of Network	Adults, Individual, Couples Supervision

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Andrea Wright Johnson, LMFT	https://www.psychologytoday.com/us/therapists/andrea-j-wright-johnston-portland-or/210270	Portland Family Therapy 7218 NE Sandy Blvd Suite 3 Portland, Oregon 97213 P: 503.405.4321	Blue Cross, Blue Shield BlueCross and BlueShield Cigna, Empire BlueCross BlueShield, Optum Providence, Regence UMR, United Behavioral Health UnitedHealthcare, Out of Network	Adolescents / Teenagers (14 to 19) Adults Elders (65+)
Ashford Weston LPC, CADC	https://weston-counseling.com/	333 NE Russell St Suite 201 Portland OR 97212 P: 503.746.1111 F:503-218-7032 E: westoncounselingandwellness@gmail.com ashfordweston1@gmail.com	Oregon Health Plan (OHP), MODA, Blue Cross Blue Shield, United, Cigna, Pacific Source, and a sliding scale for cash paying clients.	Adolescents- Adults 10-65
Ava M. Stone, Ph. D	https://www.psychologytoday.com/us/therapists/ava-m-stone-phd-pc-portland-or/121990	516 SE Morrison Street Suite 530 Portland, Oregon 97214 P: 503.451.6079	Anthem, Beech Street, BlueCross/BlueShield, First Choice Health, Medicare, Moda Health, Optum, PacificCare, PacificSource, Premera, Providence, Regence	Adolescents / Teenagers (14 to 19) Adults Elders (65+)
Avel Gordly		621 SW Alder, Suite 520 Portland, Oregon 97205 W: 503.418.5311	Most insurances are accepted. Confirm coverage at 503-418-5311	
Becca Flatt, MSW, LCSW	www.mendedheart.org	Mended Heart Counseling Services, LLC	No Insurance \$200	Adolescents 15+- Adults- Elders Transracial Adoptees, Complex Identities/Intersecting Identities,

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		307 East Second Street, Suite 160 Newberg, OR 97132		Black and African American mental health, Biracial/Multi-Racial Mental Health, Grief and Loss, Adoption-Related Complex Trauma, Secondary Rejection, Search & Reunion, pregnancy-phobia, and navigating adult adoptee estrangement from adoptive/bio fam.
Camille Coleman, MSW	https://www.anchorwithincounseling.com/	ph/tx: 971-373-4820 camille@anchorwithincounseling.com	Kaiser Permanete, Health Share, Atena, Care Oregon, Regence Blue Cross Blue Shield, Providence	Teens- Adults
Ceshaun Hankins, LCSW		Portland, OR 97215 P: <u>(503) 822-3797</u>	No Insurances \$200	Teens-Adults
Chanda Hayes, LPC, ACS, LMHC		Portland, OR 97209 P:(503. 212-9961	Aetna, Anthem, BCBS BlueCross and BlueShield, Optum, TRICARE, UHC UnitedHealthcare UBH United Behavioral Health, UMR	Youth 14-Adult
Chanel Harris, LPC, CADC	www.westernpsych.org chanelwharrisipc@gmail.com		All Insurances	Youth 14-18 Adults as well
Cheryl Jefferson, LMCH	www.shelteredfromthestorm.com	Sheltered From The Storm, LLC P: 503. 577.5109 E:chamjeffs@gmail.com Vancouver, WA	Kaiser, Out of \$90-150	Adults

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Christopher Smith Psychologist, PsyD		1901 Garden Avenue Suite 111 Eugene, OR 97403 (541) 515-7800	Aetna, Moda Health, PacificSource, Out of Network	Adults
Cole Prophet, LPC, NCC, LPCI	https://www.intersections-counseling.com/	Intersections-Counseling Downtown 510 SW 3rd Ave, #200 Portland OR 97204 Southeast 1110 SE Alder St, #301 Portland OR 97214 P: 971-865-3573 E: colw@intersections-counseling.com	Out of Network	Youth 14-19 Adults Bisexual Allied, Body Positivity, Gay Allied, HIV / AIDS Allied, Queer Allied
Danette C. Gillespie-Otto, LCSW	https://communioncounseling.com/	Communion Counseling & Consulting LLC Portland OR P: 503.482.8982 E: communioncounseling@gmail.com	Kaiser	Adult Women Attachment, Cognitive behavioral therapy
DeShawn Williams, LCSW4ew	http://www.raapcounseling.com/	R.A.A.P. Counseling and Consulting P: 503.616.2042	Kaiser, OHP, Regence Blue Cross Blue Shield, Pacific Source, Moda	Youth and Family
Donita Jordan	http://www.raapcounseling.com/	P: 503-419-6456	Insurance: OHP	Adults and Couples Counseling
Dr. Cynthia Fowler, MD Psychiatrist	www.CynthiaFowlerMD.com	4839 NE Martin Luther King Jr Blvd #204, Portland, OR 97211 P: 503.953.4491	MHN, United Behavioral Health, Aetna, ODS, Regence Blue Cross, Providence Preferred, Others	Interpersonal issues, Cultural and gender issues

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Elisabeth Braswell-Duckwell, LPC, NCC	www.elisabeth@thrivesoul.org	333 NE Russell St Suite 200 Portland Oregon 97212 P: 971.251.9591	Insurance: Aetna, United Behavioral Health, Kaiser, Optum, Providence	Youth 0-18, Families & Millennial Femmes of Color
Elisa Lewis, LCSW		Portland, OR 97205 (510) 256-7565	Insurance: Out of network, Cigna , Evernorth \$150-\$210	Teen- Adults
Fayanna Johnson, LCSW	https://www.anchorwithincounseling.com/	8383 NE Sandy BLVD. Portland OR 97220 P: 971-373-4085 E: fayanna@anchorwithincounseling.com	Insurance: Accepts multiple insurances, Kaiser Permanente, Atena, OHP, Care Oregon, Providence	Adults, Youth, Couples, & Families Multicultural-informed Practice
Florence Omari, MA	https://www.anchorwithincounseling.com/	ph/tx: 971-373-4021 florence@anchorwithincounseling.com	Insurance: Accepts multiple insurances, Kaiser Permanente, Atena, OHP, Care Oregon, Providence	
Frankie Lemmons, MFT-A		5454 River Road North #21181 Keizer, OR 97303 P: 971. 224.7892	\$80-\$100 Per session	Toddlers 6 years old - Adults
Halle M. Thomas, MFTA, CGACII		Chicory Counseling, LLC 2000 NE 42nd Ave PMB 1010 Portland, OR 97213 <u>P:971.274.5591</u>	\$90-120	Adults/Elders Specializes in mixed race
Heather Leilani Simpson, LMFT-A		Portland, OR 97214 P: 503. 994.9547	\$125-\$180	Marriage and Family Counseling
Holistic Community Therapy, Occupational Therapist, OTD, MHA, OTR/L, QMHP-R		Portland, OR 97220 Call Elizabeth Martin P: 971. 251.1105	Insurance: Medicaid, Medicare, Medicare Part B, Oregon Health Plan (OHP), PacificSource, Regence	Adults

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Jamaica Imani-Nelson, CADC 111, CSWA	https://holistichealingbh.org/	HOLISTIC HEALING BEHAVIORAL HEALTHCARE 5257 NE Martin Luther King Jr. Blvd – Suite 201 Portland, Oregon 97211 E:info@holistichealingbh.org P: 503-954-2077	Insurance: OHP, Most Insurances	Individual, Family Therapy
Javelin Hardy, CSWA	www.javelinhelpsheal.com	Healing from the Heart		Yoga Instructor, Reiki and Vibrational Sound Practitioner Trainings
Jennifer Berry, MA	https://www.anchorwithincounseling.com/	8383 NE Sandy BLVD. Portland OR 97220 ph/tx: 971-373-4160 jennifer@anchorwithincounseling.com	Kaiser Permanete, Health Share, Atena, Care Oregon, Regence Blue Cross Blue Shield, Providence	Youth-Adults
Jerry Woodward		Pathways to Peace Therapy 2100 Northeast Broadway Suite 331 Portland, OR 97232 E: jerry@pathwaystopeacetherapy.com P:503.436-6541 P: 360-977-4133	Insurance: BCBS BlueCross and BlueShield, Blue Cross Blue Shield, Cigna, Humana, Medicare, Optum, PacificSource, Providence, Regence, Reliant, UHC UnitedHealthcare UBH United Behavioral Health, Out of Network	Youth-6-Adult
Jhaizmine Smith, LCSW	https://www.jhaizminemariewellness.com/ Weston Counseling and Wellness	Jhaizmine MarieWellness & Consulting 4110 NE 122nd Ave Ste 110 Portland, OR 97230P:503-345-5531	Cigna and Evernorth First Choice Health Kaiser	Ages 15- Adults

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	Psychology Today	E: jhaizminemarieconsulting@gmail.com westoncounselingandwellness@gmail.com	Optum Oregon Health Plan (OHP) (Open Card) PacificSource Providence Regence UnitedHealthcare UHC UBH Cash Pay	
Jayotta Jefferson-Feimoeiafi, LCSW	https://braveacorn.com	2512 SE 25th Ave. Suite 305 Portland OR 97202 P: 503.975.7499 E: jayotta@gmail.com		Teens- Adults Neurobiology
Jonica Shelton, CSWA	http://www.talkswithjune.com	Talks With June P: 971.263.3879 E: talkswithjune@gmail.com	Insurance, OHP Fee: \$150-200	Youth, Adults. Marriage/Couples, Families, Trainings, Consulting work
Dr. John K. Anderson, LCSW, CADC111	https://www.psychologytoday.com/us/therapists/spanish/or/portland/734045?sid=5e95fbefcdcf2&ref=19&tr=ResultsName	1820 SW Vermont Street Suite J Portland, Oregon 97219 P: (971) 601-3007	Insurance: Aetna, OHP - Open Card Members, Oregon Health Plan (OHP)	Preteens / Tweens (11 to 13), Adolescents / Teenagers (14 to 19), Adults, Elders (65+)
John Wolfe, LCSW	horizoncounselingservices@yahoo.com	Horizon Counseling 2306 NE Glisan St. Ste. 200 97232 Portland United States P: 503.702.9259 P: 503.954.3332 E: horizoncounselingservices@yahoo.com	Insurance: Blue Cross Blue Shield of Oregon, Lifewise, Kaiser Permanente, United Behavioral Health, Pacific Source, Providence Behavioral Health,	Adolescents, Individual Men and Women, Couples and Families.

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			Aetna, Moda (formerly ODS)	
Dr. Joslyn c. Armstrong PhD		Oregon 217 Portland, OR 97204 (503) 744-6981 Lake Oswego, OR 97035		Teens & Adults
Joy Young, LCSW	www.mjoyyoung.com	4839 NE MLK Jr. Blvd., Suite 209 Portland Oregon 97211 P: 503-309-1163 E: joy@mjoyyoung.com	Insurance: Providence, Aenta, Cigna, MHN, Regence, Pacific source, Optum, United.	Individual adults and seniors. Mindfulness based treatment.
Dr. Keith Dempsey PHD, LPC	kdempseycounseling.com	2100 NE Broadway, STE 335 Portland OR. 97232 P:503-799-1298 E: drkdempsey1@gmail.com	Insurance: Blue Cross/Blue Shield, Lifewise, Kaiser Permanente, United Behavioral Health, Pacific Source, Providence Behavioral Health, Aetna, Moda	Individual, Couples and Families
Kelsey Sompii, MA, LMFT, RPT, CMHS, MHP	https://www.psychologytoday.com/us/therapists/kelsey-somppi-vancouver-wa/402960 https://csfamilytherapy.com/	Vancouver Counseling Solutions Vancouver, WA 98660 P: 360. 205.1562	Insurance: Aetna, BlueCross and BlueShield, Cigna, First Choice Health, Meritain Health, Moda Health, Optum, PacificSource, Providence, Regence, UMR, UnitedHealthcare, Out of Network	Bisexual Allied, Gay Allied, Intersex Allied, Lesbian Allied, Non-Binary Allied Adults, Adolescents / Teenagers (14 to 19), Preteens / Tweens (11 to 13), Children (6 to 10), Toddlers / Preschoolers (0 to 6)

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Kenneth Burton, MA, CDP, CADC II	https://www.westernpsych.com/directory/kenneth-burton	Western Psych 7507 NE 51 st . St. Vancouver WA. 986662 P: 360.906.1190 Ext. 2212 F: 360.906.1193	All Insurances Excepted	Individuals 12 & Up
Kiante Holmes, CSWA	kiante@cementedrose.com	Cemented Rose P:971-380-5695	OHP	13-Adults
Kristy Wells-Owens, MSW	https://www.anchorwithincounseling.com/	8383 NE Sandy BLVD. Portland OR 97220 ph/tx: 971-373-4070 kristy@anchorwithincounseling.com	Kaiser Permanete, Health Share, Atena, Care Oregon, Regence Blue Cross Blue Shield, Providence	Youth-Adults
L. Pearson, LPC, MA	https://www.agatepsychotherapy.com/	Agate Psychotherapy 1135 SE Salmon Suite L5 Portland, OR 97214 (503) 754-8905	Out of Network \$150 - \$225	Adults
Lanette Ambers, LCSW, LLC	https://www.psychologytoday.com/us/therapists/lanette-ambers-portland-or/67887	3529 NE Broadway Street Suite 201 Portland, OR 97232 P: <u>503.567.6230</u>	Insurance: Aetna, Anthem, Blue Cross, Blue Shield, BlueCross and BlueShield, CareMark PPO, Cigna, FEI Behavioral Health, First Choice Health, MHN, Moda Health, Optum, Peace Health, Providence, Regence, Tuality Health & Associates, Out of Network	Preteens / Tweens (11 to 13), Children (6 to 10), Toddlers / Preschoolers (0 to 6)

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Latisha Brown, LPC Intern		2926 NE Flanders Suite 3c Portland, OR 97232 <u>P:503.386.0961</u>	Insurance: Cigna, Providence	Adolescents: 14-Adults
Latrece Gaither, MA	www.psychologytoday.com	333 NE Russel St #209-211 Portland, Oregon 97212 P: 971.213.7558	NA, Cash- \$60-100	Preteens / Tweens (11 to 13), Adolescents / Teenagers (14 to 19), Adults
Malik-Hakim Kadir, PsyD, LPCI, CADC111	https://www.newspringscounseling.org /	New Springs Counseling Tigard, OR 97223 P: 503.755.1589	Aetna, Cigna and Evernorth, Health Net, Kaiser (Out-of-Network), MHNet Behavioral Health, Oregon Health Plan (OHP), PacificSource, Providence, Regence, TRICARE	Adults
Dr. Marcella Chiromo		E: dr.chiromo@gmail.com	Individual \$125, Couple Consulting \$150, Family Consulting \$200, Group Consulting \$75	Adults
Matthew J. Lucas, CSWA	https://pulsewellnesspdx.com/matthew-lucas/	Pulse Wellness 812 NE 28th Avenue Portland, OR 97232 P: 503.386.0151	OHP, Out of Network	Teens- Adults
Melvin Hawkins, LCSW	https://www.melvinhawkinscounseling.com/	4424 NE Glisan St. 2nd Floor Portland OR 97213 P: 503.484.8608	OHP	Individual, Couples, Families working with African American males boys/men 12 to 40

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Miriam L Robinson, LCSW	www.miriamthesocialworker.com	4380 SW Macadam Ave Suite 220 Portland Oregon 97239 P: 503.456.5708 F: 503.456.5707 E: robinsonlcsw@gmail.com	Except all insurances except Kaiser	Children: 12 & up Adults
Misao Michikami, LMFT, Intern		P: 971-231-1422	OHP	Teen-Adults, Marriage & Family Therapist
Nahomie Guillaume, MBA, LMFT		8885 Southwest Canyon Road Portland, OR 97225 (503) 966-0442	Aetna, Medicaid, Oregon Health Plan (OHP)	Adults Marriage & Family Therapist
Nicci Ramsey, LPC	https://www.nicciramseylpc.com/	Nicci Ramsey,LPC Psychotherapy & Consultation, LLC Portland, OR 97220 (971) 800-2506	Aetna, BlueCross and BlueShield, Cigna, ComPsych, MHN, Magellan, Moda Health, MultiPlan, Optum, PacificSource, Providence, Regence, TRICARE, UnitedHealthcare, Out of Network	Children 11 & up Adults
Dr. Patrick Ethel-King, PhD	https://nhws.us/	New Horizons Wellness Services, LLC 13333 SW 68th Parkway Suite 020 Tigard, OR 97223 P: (971) 351-4409	Aetna, Beacon, Cigna, Great-West Life, Health Net, MHN, Moda Health, PacificSource, Providence, TRICARE, TriWest,	Adults, Adolescents / Teenagers (14 to 19), Preteens / Tweens (11 to 13), Children (6 to 10)

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			UnitedHealthcare, Out of Network	
Paul Peters, CSWA		Influenced Wellness P: 971-268-8842 E: influencedwellness@gmail.com	Oregon Health Plan (OHP), MODA, Blue Cross Blue Shield, United, Cigna, Pacific Source, and a sliding scale for cash paying clients	Teens 14 & up Adults
Rachel Jackson, CSWA	www.flourishcw.com	Flourish Counseling & Consulting Halsey Plaza 8401 NE Halsey St. Suite 107 Portland, Oregon 97220 P: 972-401-7119 E: Rachael@flourishcw.com	Sliding Scale, Oregon Health Plan (open card)	3-19, Adults, Art Therapy, Play Therapy Ect.
Ramon Benton, CSWA	https://www.psychologytoday.com/us/therapists/ramon-benton-gresham-or/367037	Liberating Minds PDX P: 503.738.1525	No Insurances	Youth and Adults
Rebecca Davis, CSWA	https://www.therapyaltered.com/	Therapy Altered P: 971.256.8244	Cost: \$75-100 Sliding Scale \$40	0-Adult
Dr. Reiko Williams, LCSW	www.essentialselfpdx.com	Essential Self PDX EssentialSelfPdx@gmail.com	Cost: \$175/hour	African American youth and adults. Individuals, couples and families
Dr. Rosemarie Hemmings, PhD, LCSW	https://blacktherapistandcompany.pdx.com	Black Therapists & Company, LLC 10700 SE Beaverton Hillsdale HWY, Bldg 3, Ste 560 Beaverton, OR 97005 E: learning2live1202@gmail.com P: 503.628.9452	BlueCross BlueShield, Cascade Health, Medicare, Moda Health, Optum, Providence, UnitedHealthcare	Adults

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Ruth Tessema, M.Ed., NCC, LPC-Intern therapist and School Counselor in Oregon	Website: http://healingbirdcounseling.com Psychology Today Page	Telehealth P: 971.274.5782 E: healingbirdcounseling@gmail.com	Private Pay and OHP (\$120/ session) Sliding scale offered Private Practice	Ages 6 +, individual and family counseling.
Sarah Jurrens LMHC	https://www.rebelliouswomenempowermenttherapy.com/	10700 SW Beaverton Hillsdale Hwy Building 3, Suite 560 Beaverton, Oregon 97005 P: 971.645.3294 E: sarahjurrens@rebelliouswetherapy.com		EMDR
Sarita Trawick, LCSW	https://www.healingspaces4u.com/contact-me	2951 NW Division Street, Suite 120, Gresham, OR 97030 P: 503.688.3802 E: healingspaces4u@gmail.com	OHP , Moda, PacificSource, Regence, BCBS	15 & up
Shannon A. Mouzon, LPC, Psychotherapist	https://www.aurorapdx.com/	Aurora 2505 SE 11th Ave Suite 238 Portland, 97202 E: shannon@aurorapdx.com P: 503-468-6993	\$200-255 Kaiser Permanente	Teen- Adult
Sharice Burnett, LCSW	www.shariceburnettlcsw.com	Mental Health Provider & Consultant Portland, Oregon P: 971.380.8801 E: shariceburnett@gmail.com	Kaiser and Private Pay	Adults African American Family Therapy, Parent-Child Psychotherapy,
Sharnissa Secrett LCSW		Cemented Rose Portland OR E: cementedrose@gmail.com P: 971.227.3553	OHP, Other Insurances	Adolescents 5-18 years old and adults. For specialties please refer to Portland Therapy

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Sheri Annette Hamilton, PCA		Portland, OR 97211 P: 503.563.2693	\$150 per session	Adults
Sofia Jasani, LPC Intern		Portland, OR 97232 P:971.340.2665	\$125 per session	6- Adults
Steffanie Rochea		5257 NE MKL Suite 201 Portland OR		
Summer Brown, LMFT	www.therapeuticchangepllc.com	1314 Kauffman Ave, Vancouver, WA 98660 P: 360.602.1477 E: Summer@SummerBrownLMFT.com	Aetna, First Choice, First Choice Health, Cigna, Providence/Preferred, Molina, Moda Health, OHSU PPO, ODS Plus/Connexus, American Behavioral, United Healthcare, Premera Blue Cross, Regence Blue Cross, Samaritan Health Plans, Tricare, Medicaid	LGBTQIA2+, fat people/bigger bodies, nontraditional relationships
Taronda Jones, LCSW		Los Angeles, CA 90048 <u>(323) 347-3314</u>	Aetna, Cigna and Evernorth, GEHA, Optum, Oscar Health, Oxford, UMR, UnitedHealthcare UHC UBH, Out of Network	Adults
Timisha Wilson, LCSW	timisha.clientsecure.me	Wilson Family Services PO Box 13611 Portland, Or 97213	Insurances: Aetna, Regence Blue Cross Blue Shield,	Consulting on Adolescents, Cognitive Behaviors, Family Therapy, . Solution

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		Miracles Central 1306 NE 2nd Ave Portland, OR 97232 Halsey Plaza 8401 NE Halsey St #108 Portland, OR 97220	Cigna, PacificSource, Providence, UnitedHealthCare, Reliant Behavioral Health, Kaiser Permanente, Oregon Health Plan	Based Practice, Trauma disorders (EMDR)
Torrey Thille Clinical Social Work/Therapist, LCSW (<i>she, her</i>)		Evolve and Elevate, LLC Portland, OR 97213 (503) 243-3565 Tampa, FL 33611	Kaiser (In-Network), Kaiser (Out-of-Network), Medicaid, Oregon Health Plan (OHP)	Pre-teen, teen, adults Specialize in Life Transitions, Trauma and PTSD and Stress
Tucker J. Rene', LCSW	https://www.psychologytoday.com/us/therapists/97211/206517?sid=5db317f41043c&ref=2&rec_next=21&tr=ResultsName	WE RISE, LLC 5257 NE MLK Jr Blvd Suite 202C Portland, Oregon 97211 P: <u>503.406.4809</u>	Aetna, BlueCross and BlueShield, Cigna, Healthshare, MHN, Medicaid, Medicare, Moda Health, PacificSource, Regence, Reliant, UMR	Adults
Tyesha McCool-Riley		Principles of Peace Professional Therapy and Consulting Services E: principlesofpeacecellc@gmail.com P: 971.517.8693		12 years to Adult
Vanessa Washington Licensed Professional Counselor, LPC, NCC		Sankofa Counseling 511 SW 10th Ave Portland, OR 97205 (971) 832-5208	Aetna, Anthem, Beacon Health Options Caelon, Blue Cross Blue Shield, Cigna and Evernorth, First	Teens, Adults

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			Choice Health FCH, Health Net, Kaiser (Out-of-Network),M edicaid, MHN Health Net, MHNet Behavioral Health, Moda Health OHP HealthShare - with referral Oregon Health Plan (OHP), PacificSource, Regence, Reliant, Out of Network	
ZaDora Williams, LCSW	www.sankofacenterforhealing.com	Sankofa Center for Healing, LLC 8885 SW Canyon Rd suite 109 P: 971-800-1403	Moda, Aetna, Cigna, Regence Blue Cross Blue Shield	Children, teens, and young adults 5-30 yrs, Anxiety, Depression, ADHD, Cultural Identity, Postpartum Depression, Trauma

Multnomah County Call Center/Crisis Line: (503) 988-4888 (24 hours a day, 7 days a week)

[Urgent Walk-In Clinic](#) 4212 SE Division (503) 963-2575 (Like Zoom Care for Mental Health)
DAILY 7am-10:30pm - insurance not a barrier

[Kaiser Crisis Line](#) (503) 331-6425 if you have Kaiser Insurance

[National Suicide Prevention Lifeline](#) 24 hours a day 7 days a week
English: 1 (800) 273-8255
Spanish: 1 (800) 628-9454

[Oregon Youthline](#):for youth to connect with other youth
Text: Teen2Teen to 839863 to instantly text with another person

[Trevor Project](#): supporting LGBTQiA+ youth
Text START to 678678 or TrevorLifeLine 1(866) 488-7386

Clackamas County 503-655-8585
Washington County 503-291-9111

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Black, Indigenous, and People of Color Crisis Line: Lines for Life 503-575-3764 10AM-7PM

National ***Suicide Prevention Lifeline*** 1-800-273-8255

National ***Drugs and Alcohol Hotline*** 1-800-662-4357

National ***Domestic Violence Hotline*** 1-800-799-7233

National ***Sexual Assault Hotline*** 1-800-656-4673

Created by Jonicia J. Shelton