

Where to find us:

*Numbers marked with an ** are school-based health clinics.*

Elementary Schools

Alder..... (503) 255-4673
Butler Creek..... (503) 762-6100
Highland..... (503) 665-7158
Lincoln Park..... (503) 256-6504
Lynch Meadows..... (503) 762-3208
Lynch Wood..... (503) 762-3204
Lynch View..... (503) 762-3203
Margaret Scott..... (503) 255-2031
Mill Park..... (503) 256-6507
North Gresham..... (503) 661-6415
Harold Oliver..... (503) 762-3207
Parklane..... (503) 762-3205
Russell..... (503) 408-2750
Sacramento..... (503) 408-2800
Ventura Park..... (503) 256-6508
West Powellhurst.... (503) 256-6509

Middle Schools and K-8 Schools

Clear Creek..... (503) 492-6700
Cesar Chavez..... (503) 988-3815**
Centennial..... (503) 762-3206
Fir Ridge..... (503) 256-6530
Floyd Light..... (503) 256-6511
George..... (503) 988-3829**
Gordon Russell..... (503) 667-6900
Harrison Park..... (503) 988-4577**
Lane..... (503) 988-5640**
Dexter McCarty..... (503) 665-0148
Parkrose..... (503) 408-2900
Reynolds..... (503) 665-8166
Woodlawn..... (503) 916-6282

Where to find us:

High Schools

Alliance at Meek..... (503) 916-5747
Benson..... (503) 916-5100
Centennial..... (503) 762-6180**
Cleveland..... (503) 988-3550**
David Douglas..... (503) 988-3554**
Franklin..... (503) 988-3370**
Grant..... (503) 988-3372**
Jefferson..... (503) 988-3360**
Madison..... (503) 988-3382**
Parkrose..... (503) 988-3392**
Reynolds..... (503) 667-3186
Roosevelt..... (503) 988-3909**

Call your school and ask your school counselor for a referral to our program, or call your school-based health clinic.

School-based Mental Health Program
Multnomah County Health Department
Mental Health and Addiction Services Division
421 SW Oak, Suite 520
Portland, OR 97204
503-988-5464
24/7 Crisis Line— 503-988-4888
<https://multco.us/mhas/system-care-children-and-families>



Multnomah County School-Based Mental Health



"I wish I felt more confident."

"I want to get along with my family."

"I don't want to feel like an outsider."

"I want to be happier."

Do you ever feel this way?
If so, **you are not alone.**

We can help.



How our mental health services can help

Mental health is the way your thoughts, feelings, and behaviors influence your life choices. Good mental health is important for developing close relationships with family and friends, making positive decisions, and helps you deal with life challenges in school and at home.

Multnomah County School-Based Mental Health services give you the chance to work with a therapist and talk privately about your feelings. You have the opportunity to find out what issues are getting in the way of reaching your goals and receive tools to help overcome those issues.

Our services are here to meet *your* needs

You choose the topics you want to talk about. We collaborate with you to identify the issue you want to work on and what you want to achieve. We offer the following services to help you meet your goals:

- **Mental Health Screening**
- **Mental Health Assessment**
- **Crisis/Suicide Intervention**
- **Case Management**
- **Individual, Family, and Group Therapy**
- **Consultation to teachers, school counselors and administrators**

How to get the most from your mental health services

You are the one guiding your services. To benefit the most from your services, here are some questions to ask your therapist:

- How does therapy work?
- How long are therapy sessions and how often do we meet?
- What is your work experience and philosophy about mental health services?
- How will you make sure my services incorporate my culture, beliefs, orientation, and background?
- How will you keep my information private and confidential?
- What are mental health symptoms and their causes?
- How can my family members and friends participate in my care, and how do I talk to them about mental health?
- What are other kinds of therapy we can use, such as art therapy, creative writing, etc.?

Tip! Always ask questions if you don't understand, and feel free to ask for information about your diagnosis.



Signs that you or someone you know might need help:



- **Problems in school**
- **Fights with family and friends**
- **Feeling worthless or hopeless**
- **Low energy or too much energy**
- **Mood swings or crying a lot**
- **Anxiety, fear, or panic**
- **Irritability or anger**
- **Racing thoughts**
- **Wanting to harm or kill yourself or others**
- **Sleeping too much or too little**
- **Change in eating habits**
- **Increased use of alcohol or drugs**